

AUSTRALIAN

diabetic LIVING

**JUMP
INTO
SPRING**

✓ FRESH
SPRING
FLAVOURS

✓ MODERN
MEAT AND
POTATOES

✓ NO-COOK
LUNCHES

**LAMB LEG
STEAKS WITH
QUINOA
TABBOULEH**

See page 67

MAKE A CHANGE!

+ UNDERSTANDING INSULIN RESISTANCE

+ BGL HACKS + WEIGHT LOSS THAT STICKS

SEPT/OCT 2023 \$8.99 NZ \$9.80



9 313006 026327

09

are
media

SWEET FEET

How to take care of
your foot health

TEEN TWEAKS

Helping your teen
manage their
diabetes

**JUST
DIAGNOSED?**

Turn to page 6 to
get started

Need a gift idea for the *impossible-to-shop-for?*

Mum

Dad

Granny

Grandad

my girlfriend

my boyfriend

my BFF

my wife

my husband

a teenage girl

a teenage boy

a baby

a child

my family

a teacher

a couple

a bride

a groom

a bridesmaid

a groomsman

a pet

I need a gift for **person**

to celebrate **occasion**

FIND A GIFT ►

her birthday

her anniversary

Mother's Day

Christmas

her retirement

just because



FIND IT AT [HARDTOFIND.COM.AU/GIFTFINDER](https://hardtofind.com.au/giftfinder)

hardtofind.



COVER PHOTOGRAPHY
JAMES MOFFATT
COVER STYLIST KATE BROWN
PHOTO CHEF REBECCA LYALL



FOOD

- 14 5 days, 5 dinners** Inspiration for everyday meals
- 22 Jump into spring** Fresh and light meals for a new season
- 32 Spotlight on quinoa** Discover this versatile wholegrain
- 38 Hot to pot** Meaty meals for cooler nights
- 48 Let's eat more fish**
- 55 Bored of Lunch** Tasty recipes from *The Healthy Air Fryer Book*
- 60 No-cook lunches** Quick, simple, tasty
- 67 Fresh take** A healthy main-course salad of spring lamb
- 68 5 ways with tahini**
- 76 Boost your breakfast**
- 82 Enjoy the afters party** Fruit-based desserts you'll love



LIVING WELL

- 94 Happy feet** and how to keep them that way
- 100 BGL hacks** Tips from the Glucose Goddess, Jessie Inchauspé
- 106 Insulin resistance** What is it and how does it affect you?
- 110 Keeping it off** Strategies to make weight loss stick
- 112 Tricky teens** Helping your teen to manage their diabetes care
- 119 7 things** about thyroid disease
- 120 Save your vision** See what you can do to maintaining your sight



SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 35% off the regular price!

29

SEPTEMBER/OCTOBER 2023

CONTENTS



MY STORY

- 122 'It suddenly dawned on me that my lifestyle had to change.'**



REGULARS

- 4 Privacy notice**
- 5 Editor's note**
- 6 Just diagnosed**
- 8 Your healthy life**
- 14 Contact info**
- 88 Cook's tips**
- 90 Menu plan**
- 92 About our food**
- 125 Puzzles**
- 130 Recipe index**



100

This issue of *Diabetic Living* is published by Are Media Pty Ltd (Are Media). Are Media may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Are Media publications, products, services and events. Our Privacy Policy is located at aremedia.com.au/privacy/. It also sets out how you can access or correct your personal information and lodge a complaint. Are Media may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Are Media in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Are Media's Privacy Officer either by email at privacyofficer@aremedia.com.au or mail to Privacy Officer, Are Media Pty Ltd, 54 Park St, Sydney, NSW 2000.

THE TEAM

Editor ALIX DAVIS

Art Director DANIA WARMERDAM

Editorial Coordinator ERIN ROBERTS

Food Editor ALISON ROBERTS

Dietitian SHANNON LAVERY

ADVERTISING & MARKETING

Commercial Brand Manager JO-ANN TAYLOR

Jo-Ann.Taylor@aremedia.com.au

Marketing Director LOUISE CANKETT

Senior Marketing Manager JILLIAN HOGAN

PRODUCTION

Production Manager DANIELLA KALACH

Ad Controller DOMINIC ROY

ARE MEDIA GROUP

Chief Executive Officer JANE HUXLEY

Director of Sales ANDREW COOK

Publisher NICOLE BYERS

MEREDITH INTERNATIONAL

Vice President/Business Affairs

TOM ROWLAND

Executive Director, Licensing Operations

PAUL ORDONEZ

Senior Director, Business Development

WENDY ZHANG

ARE MEDIA PRIVACY NOTICE

This issue of *Diabetic Living* is published by Are Media Pty Limited (Are Media). Are Media may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Are Media publications, products, services and events. Our Privacy Policy is located at www.aremedia.com.au/privacy/. It also sets out on how you can access or correct your personal information and lodge a complaint. Are Media may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Are Media in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Are Media's Privacy Officer either by email at privacyofficer@aremedia.com.au or mail at Privacy Officer, Are Media Pty Limited, 54 Park Street, Sydney NSW 2000.

PUBLISHED BY ARE MEDIA PTY LIMITED

(ACN 053 273 546).

54-58 Park St, Sydney, NSW 2000; GPO Box 4088, Sydney, NSW 2001. The trademark *Diabetic Living* is also the property of Are Media Pty Limited and used under licence. ©2021 All rights reserved. Print by IVE (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Ovato Retail Distribution Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Ovato Retail Distribution New Zealand Pty Ltd (CRN 1540329).

Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation.
Use of trademark is strictly prohibited.

Recommended and maximum price \$8.99 (NZ \$9.80) including GST.

SUBSCRIPTION ENQUIRIES

Phone: 136 116 (Mon-Fri 8am to 6pm AEST)

Website: www.magshop.com.au

OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney; drkatemarsh.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman

Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

**Exercise physiologist
& diabetes educator**

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

79



Live long



I've been thinking about longevity recently. Not just how long I will live, but how long I will live healthily. What's prompted this line of thinking (beyond yet another birthday) is stumbling across the work of Dr Peter Attia by way of newspaper features, podcasts and his book, *Outlive*. When the universe decides to shower me with something all of a sudden, I like to pay attention.

Dr Attia's work is focused on making sure that whatever years we do have left are healthy ones – and he is full of advice on how to give yourself the best chance of making this happen. I recommend you read his book or listen to his podcast (*The Peter Attia Drive*) but his number one piece of advice is to exercise. If you're already exercising, great, you could probably do some more. And if you're not exercising, it's probably a good idea to consider ways you can start moving. I'm already a regular exerciser, but listening to him has given me a nudge to do a bit more. Has the universe given you a nudge about anything lately?

In this issue we have plenty of deliciously easy recipes that span this time of year when it's still cool, but Spring is on the way. We also have an extract from *The Glucose Goddess Method* talking about the importance of smoothing out those glucose spikes – and how to do it. Dr Kate Marsh's feature about insulin resistance is a wonderful primer on the topic, as is her article on the importance of foot health. And, if you've got a teen who's struggling with managing their diabetes, we've got some great advice from experts who've been there and done that.

I hope you enjoy the issue!

Alix

Alix Davis,
Editor

102

**NEXT
ISSUE
ON SALE
OCT 12**

112



PHOTOGRAPHY IMMEDIATE MEDIA AND GETTYIMAGES

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au



diabeticliving.com.au



facebook.com/
DiabeticLivingAU

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

d diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

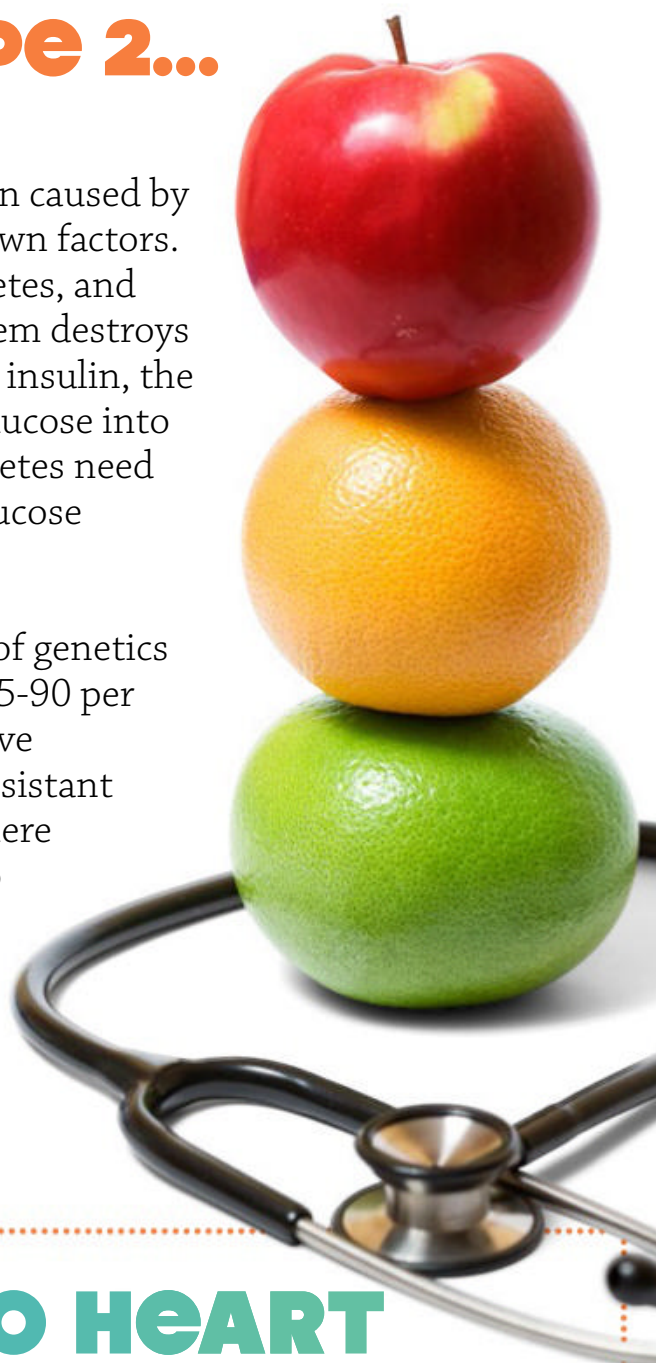
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 AND TYPE 2...

What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Losing just 5 per cent of your body weight can have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

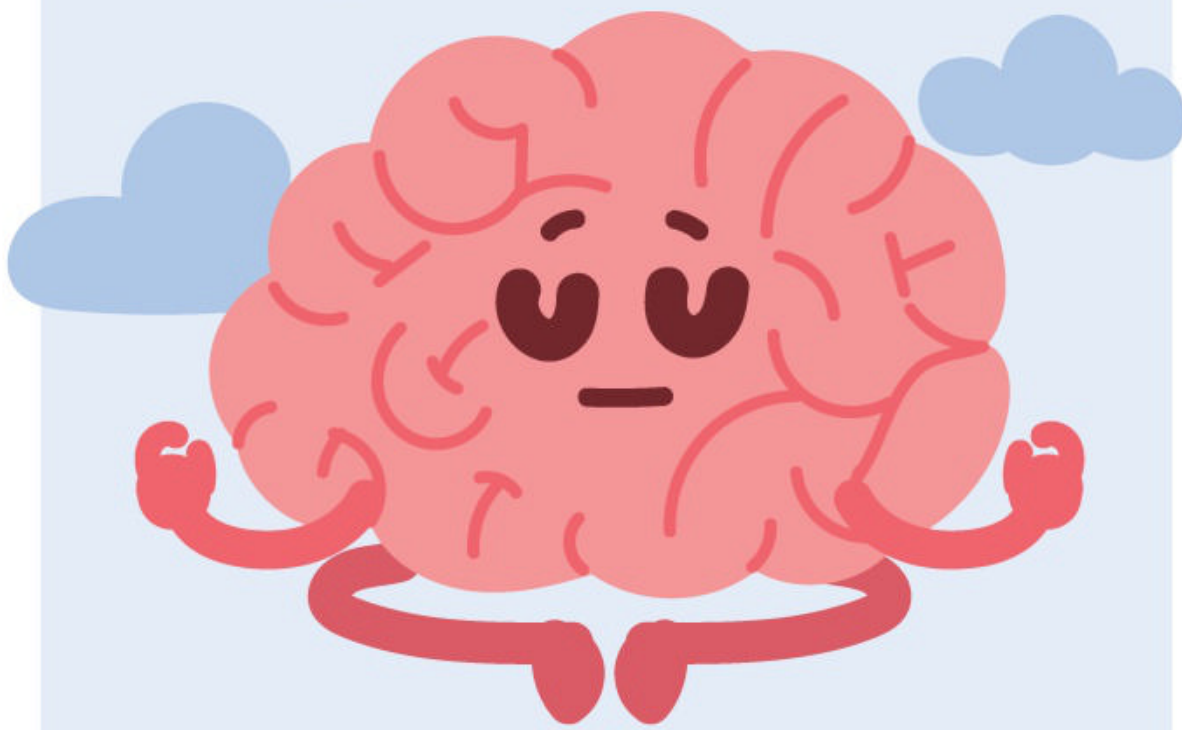
YOUR healthy life

The latest global diabetes news

IS THERE A 'BEST' TIME TO EXERCISE?

If you're trying to get better control over your blood glucose levels, a new study suggests it's being physically active in the afternoon that'll probably have the biggest impact. While exercising regularly has long been recommended to people living with diabetes as a strategy to help manage blood glucose levels, this study is one of the first to show that the timing of that activity may be important, too. "In this study, we show that adults with type 2 diabetes had the greatest improvement in glucose control when they were most active in the afternoon," says Jingyi Qian, one of the study's authors. Data also showed that after four years, afternoon exercisers had not only maintained the reduction in blood glucose levels, they had a higher chance of being able to stop taking their diabetes medications, compared to people who were most active at other times of the day, too.

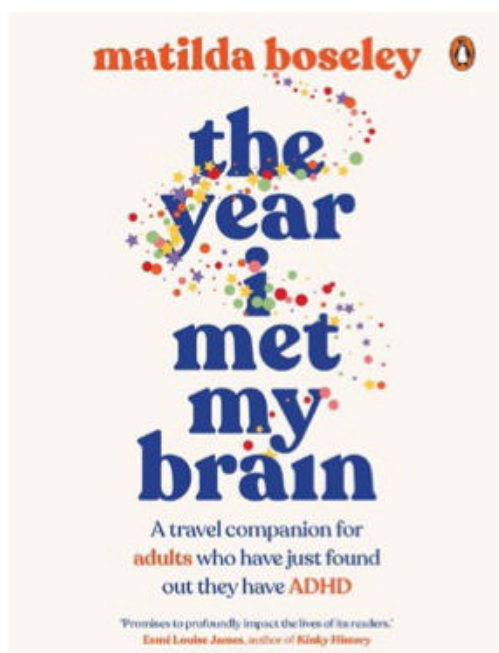
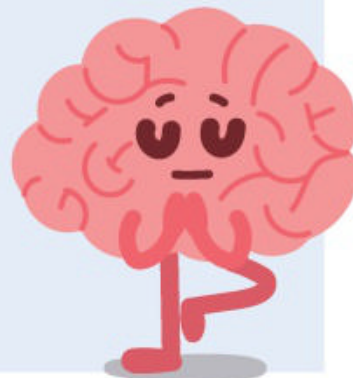




PUT YOUR MIND TO IT

Living with diabetes has been linked to an increased risk of experiencing stress, anxiety and depression, often as a result of being overwhelmed by the impact of managing the disease day-to-day. If you can relate, a recent study suggests that practising mindfulness techniques may help. Designed to study the impact of mindfulness-based stress reduction on the mental health and HbA1c levels of people living with diabetes, the research showed that while

HbA1c wasn't impacted, anxiety and depressive symptoms reduced over the long term. You can introduce mindfulness exercises to your day by downloading the free Smiling Mind app. Visit smilingmind.com.au to learn more.



The Year I Met My Brain

By Matilda Boseley
Penguin Life, \$35

Compassionate, funny and full of practical tips, this is an essential guide for navigating and enjoying life for adults who've just found out they have ADHD. Written by journalist Matilda Boseley whose adult ADHD diagnosis was a massive, earth-shattering event, *The Year I Met My Brain* is the guide she wished she'd had. Uplifting, empowering and deeply researched, it's an invaluable resource for ADHDers and those who love them.



Q: I've got neuropathy in my feet and the loss of sensation means I'm a bit unsteady. I know exercise is important – how can I make physical activity a regular part of my life, while not putting myself at risk of falls and injury?

Drew says: Your exercise program should ideally consist of both cardio and resistance training. If you have neuropathy, cardio machines that are non-weight bearing, such as a recumbent bike, are great because you can challenge your cardiovascular system without putting too much force through your feet. The arm ergometer is another great option as you can challenge your cardiovascular system without using your legs or feet at all.

Building strong muscles is important for maintaining balance. Seated machine-based resistance training can increase muscle and bone health with a very low risk of falling. But it's also important not to neglect balance-specific exercise. You don't want to avoid spending time on your feet because if you never challenge your balance you'll become more likely to fall and get injured. Single-leg exercises and unstable surface training are great to add to the toolkit. If you can challenge your balance in a safe environment with the supervision of an exercise physiologist, not only will you improve neuromuscular adaptations but you'll build confidence in the process which can help improve your quality of life.

~~~~~  
Drew Harrisberg, Exercise Physiologist



# Nap your way to a bigger brain

Research around whether daytime naps are healthy or not has been mixed, but fresh research out of the UK shows that for people aged 40-69, taking regular naps is linked to a larger brain volume, something that's associated with a lower risk of dementia. While the brain tends to shrink as we age, the study suggests that daytime napping slows how quickly this happens. The research team estimated that the average difference in brain volume between people programmed to be habitual nappers and those who weren't, was equivalent to up to 6.5 years of ageing. "Our findings suggest that, for some people, short daytime naps may be a part of the puzzle that could preserve the health of the brain as we get older," says senior author of the study, Dr Victoria Garfield from University College London. While the researchers didn't explore nap duration, earlier studies show that it's naps of 30 minutes or less that provide the best short-term cognitive benefits.



## HOW TO BUILD A BETTER BREAKFAST

Making some strategic tweaks to the first meal of the day might help people living with type 2 diabetes better control their blood sugar levels. "One of the complications for people living with T2D is rapid or large increases in blood glucose levels after a meal," says researcher Dr Barbara Oliveira from the University of British Columbia in Canada. "Our research indicates a low-carbohydrate meal, first thing in the morning, seems to help control blood sugar throughout the day." While low-carb diets have been recognised as a dietary strategy to help improve glucose control, they can be tough to follow long term. So, instead of asking people to commit to making every meal low-carb, Dr Oliveira's study examined what effect eating just one low-carb meal a day would have. "We've determined that if the first meal of the day is low-carb and higher in protein and fat, we can limit hyperglycaemic swings."



### The 10:10 Simple Recipe Book

By Sarah Di Lorenzo  
Simon & Schuster Australia, \$39.99

The latest instalment from Australia's favourite clinical nutritionist, Sarah Di Lorenzo, makes it as easy as possible for the whole family to eat healthy, delicious, budget-friendly food. Featuring more than 180 quick and simple recipes, there's everything from salads and snacks to smoothies and desserts, along with Sarah's tips for making everything from scratch, sticking to a budget, cooking with pantry staples and using leftovers.



## MEDITERRANEAN MEALS

### good for you and your budget

You might know that the Mediterranean diet is one of the healthiest eating patterns on the planet, but when money's tight, is it affordable? Research from the University of South Australia shows that, compared to the typical Western diet, following a Mediterranean diet is actually \$28 cheaper per week, or \$1456 per year, for a family of four.

"The Mediterranean diet encourages eating fruits and vegies,

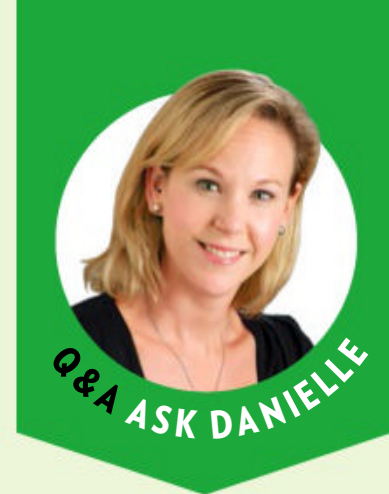
whole grains, nuts, extra virgin olive oil, seeds and seafood, and there is a view that these foods are more expensive," says UniSA researcher, Ella Bracci. "And with cost of living being so high in Australia, it's no surprise that people are being careful about where their hard-earned dollars go. This research shows how a Mediterranean diet can be a cost-effective option, letting people prioritise both their health and their hip pocket."



# 17%

That's roughly how much the risk of cardiovascular disease decreases if you eat at least five serves of vegetables a day.

Worryingly, only 8% of Australians are eating the recommended daily amount of veggies, with the average Australian instead consuming up to 35% of their daily energy from foods high in salt, added sugars and unhealthy fats.



**Q: I was diagnosed with type 2 diabetes a couple of years ago, but by making some huge lifestyle changes, I no longer need to take my diabetes medication and my doctor agrees that, for now, my diabetes is in remission. Do I still need to see a podiatrist regularly? What would you advise?**

**Danielle says:** It's wonderful that you have made significant lifestyle changes and that you don't require medication for diabetes at this time.

Even so, looking after your feet and continuing to monitor for foot problems is still an important part of prevention, but the need for regular foot care from a podiatrist will vary between people. This would depend on your individual level of risk as well as your foot health history, as you may have developed risk factors for foot complications during the last few years of having diabetes, and unfortunately these are generally not reversible.

Therefore, it is always best to discuss your personal needs with your healthcare provider to determine the necessity of seeing a podiatrist and the recommended frequency of these visits. At a minimum, it is encouraged to have your feet examined at least once a year and more often if you are advised.

---

Danielle Veldhoen, podiatrist





Q&A ASK DR MARSH

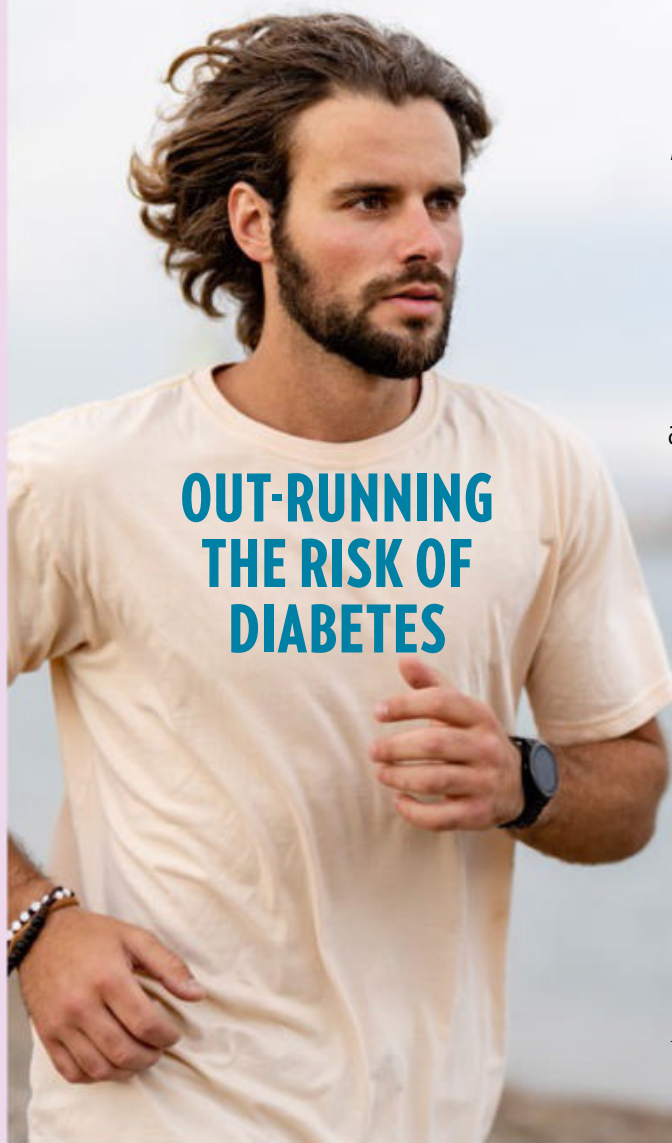
**Q: I'm seeing loads of spring vegies in the shops ... what are the benefits of starting to eat them instead of trying to stick to my favourite, go-to "winter" vegetable options?**

**Kate says:** While all vegetables are a good choice, including winter brassicas like cabbage, broccoli and cauliflower, trying to include a broad variety of vegetables in your diet and shopping in season are both important.

For good health, it's recommended that we try to eat as many different plant foods as possible, including vegies. To achieve this, make the effort to include as many different types and coloured vegetables in your diet as you can - in other words, exploring the wide range that's available rather than sticking to a few of your favourite staples.

Taking the opportunity to eat seasonally is one way to introduce different types of vegetables into your diet on a regular basis, without having to think about it too much. Plus, when you shop in season you will be buying vegetables at their freshest and they are also more likely to be locally grown. Buying fresh produce in season means it is likely to be cheaper than buying it at other times of the year, too. So, keep enjoying your go-to favourites but it is also worth starting to add some spring vegies to your plate.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



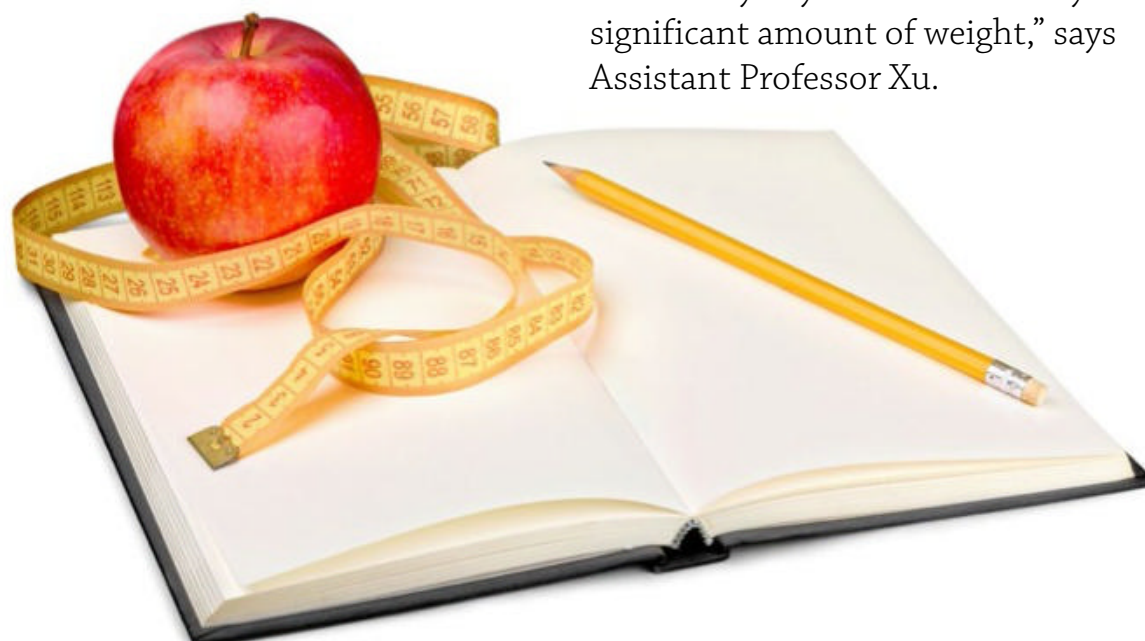
## OUT-RUNNING THE RISK OF DIABETES

A recent University of Sydney-led study shows that being active can lower the risk of type 2 diabetes, even in people with a high genetic risk of developing it. Including nearly 60,000 adults, the study showed that doing an hour or more of moderate- to vigorous-intensity exercise a day was associated with a 74% lower risk of developing type 2, when compared to people who did less than five minutes activity a day - even when other factors, like genetic risk, were accounted for. In fact, people with a high genetic risk who were in the most physically active category actually had a lower risk of developing type 2 compared with those with a low genetic risk, but in the least active category. "We are unable to control our genetic risk and family history," says senior author of the study, Associate Professor Melody Ding from the university's Charles Perkins Centre, "but this finding provides promising and positive news that through an active lifestyle, one can 'fight off' much of the excessive risk for type 2 diabetes."

## GET ON THE RIGHT TRACK FOR WEIGHT LOSS

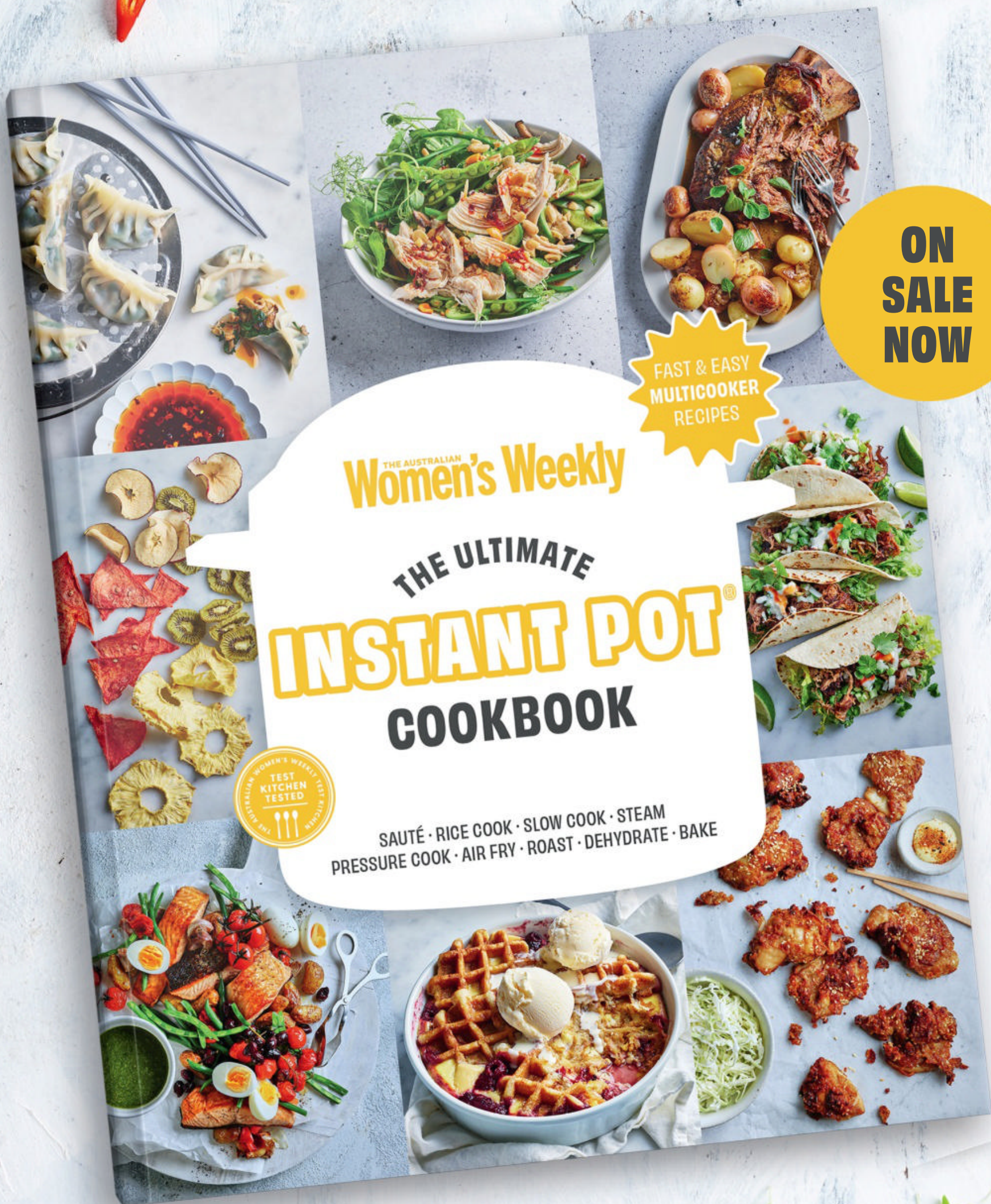
When you're trying to lose weight, tracking what you eat can help deliver success - but tracking every single mouthful is also a tedious task. Good news! "It turns out, you don't need to track 100% each day to be successful," says Assistant Professor Ran Xu from the University of Connecticut, the author of a new study designed to

determine how much tracking is sufficient to deliver weight loss. While the research shows that people who track what they eat five days a week lose more than 10% of body weight, even tracking for just two out of seven days is effective - people lose more than 3% of body weight when they do that. "The key point here is that you don't need to track every day to lose a clinically significant amount of weight," says Assistant Professor Xu.



PHOTOGRAPHY GETTY IMAGES





**ON  
SALE  
NOW**

**FAST & EASY  
MULTICOOKER  
RECIPES**

THE AUSTRALIAN  
**Women's Weekly**

THE ULTIMATE  
**INSTANT POT®**  
**COOKBOOK**



SAUTÉ • RICE COOK • SLOW COOK • STEAM  
PRESSURE COOK • AIR FRY • ROAST • DEHYDRATE • BAKE

AVAILABLE TO PURCHASE WHERE  
ALL GOOD BOOKS ARE SOLD AND  
AT [AREMEDIABOOKS.COM.AU](http://AREMEDIABOOKS.COM.AU)



# 5 DAYS DINNERS

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

Everyone will leave the table with happy tummies  
after one of these hearty, veg-forward dinners



**MONDAY**

Carrot & tahini soup  
*Recipe, page 18*





## TUESDAY

### SPICY CHORIZO & HARISSA BARLEY RISOTTO

**PREP** 10 MINS **COOK** 40 MINS

**SERVES** 2 (AS A MAIN)

1 tbsp olive oil  
½ brown onion, finely chopped  
2 cloves garlic, crushed  
50g diced chorizo  
1 tsp smoked paprika  
½ x 400g can no-added-salt  
chopped tomatoes  
200ml salt-reduced vegetable  
stock  
200ml water  
150g (¾ cup) pearl barley, rinsed  
1-2 tsp harissa paste, to taste  
200g cherry tomatoes, any larger  
ones halved

**1** Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until it starts to soften. Add the garlic, chorizo and paprika. Cook, stirring, for 1 minute or until fragrant and the chorizo is starting to crisp.

**2** Add the canned tomatoes, stock, water, pearl barley and harissa to the pan. Increase heat to high and bring the mixture to the boil over high heat. Reduce the heat to medium and simmer, stirring occasionally, for 25 minutes.

**3** Add the cherry tomatoes to the pan and simmer, stirring occasionally, for 10-15 minutes or until the pearl barley is tender, with just a little bite. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 1940kJ  
(465Cal), **protein** 14g, **total fat** 17g (sat. fat 4g), **carbs** 56g, **fibre** 15g, **sodium** 688mg • **Carb exchanges** 3½ • **GI estimate** low



### LOWER-CARB OPTION

Swap the brown rice for 2 cups of broccoli & cauliflower rice, cooked following packet instructions.

**PER SERVE** 1090kJ (261Cal), **protein** 20g, **total fat** 13g (sat. fat 3g), **carbs** 11g, **fibre** 9g, **sodium** 626mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

## WEDNESDAY

GFO LCO

### BEEF & SICHUAN CAPSICUM STIR-FRY

**PREP** 10 MINS **COOK** 10 MINS

**SERVES** 2 (AS A MAIN)

- 1 tbsp olive oil
- 150g lean beef rump steak, trimmed of fat, sliced into thin strips
- 2 tsp cornflour or gluten-free cornflour
- 1 capsicum, thinly sliced
- 100g baby corn, diagonally halved
- 1 small red onion, thinly sliced
- ¼ tsp chilli flakes
- ½ tsp Sichuan peppercorns, ground using a pestle and mortar (see Cook's tip)
- 1 tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tbsp water

- 65g (½ cup) Sunrice Low GI Brown Rice, cooked following packet instructions
- 2 tsp chilli oil (optional)

**1** Heat 2 teaspoons of the oil in a large wok or non-stick frying pan over a medium-high heat. Toss the beef strips in the cornflour. Add the beef to the pan and stir-fry for 2-3 minutes or until the steak is just cooked. Transfer to a plate and set aside.

**2** Heat the remaining oil in the wok over medium-high heat. Add the capsicum, corn and onion. Stir-fry for 3-4 minutes or until starting to

soften. Sprinkle over the chilli flakes and Sichuan pepper. Toss to combine. Add the steak to the wok with any resting juices. Toss. Add the soy sauce and water and toss to combine and heat through.

**3** Divide the stir-fry between serving bowls with the rice. Drizzle with chilli oil, if using.

### NUTRITIONAL INFO

**PER SERVE** 1760kJ (421Cal), **protein** 22g, **total fat** 14g (sat. fat 3g), **carbs** 47g, **fibre** 8g, **sodium** 605mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### COOK'S TIP

If you can't get Sichuan peppercorns use a combination of freshly ground black pepper and ground coriander.



THURSDAY

GF

# STUFFED CAPSICUM BAKE

**PREP** 10 MINS **COOK** 35 MINS  
**SERVES** 2 (AS A MAIN)

250g pouch cooked brown rice & quinoa  
65g reduced-fat feta, crumbled  
¼ small bunch mint, leaves picked and finely chopped  
2 tsp water  
Freshly ground black pepper  
½ x 400g can no-added-salt chopped tomatoes  
Zest and juice ½ lemon  
2 tsp honey  
2 capsicums, halved and deseeded (stalk left intact)  
2 tbsp pine nuts, toasted

**1** Preheat oven to 200°C (fan-forced). Put the grains, feta, mint and water in a bowl. Season with pepper. Mix to combine.

**2** Tip tomatoes, lemon zest and juice and honey into the base of a shallow casserole or ovenproof dish. Season with pepper. Stir to combine.

**3** Arrange the capsicum in the dish over the tomato mixture, cut-side up. Spoon the feta and grains mixture into the capsicum halves to fill them. Cover with a lid or foil and bake for 30 minutes. Uncover and bake for another 5 minutes or until the capsicum are soft and the filling is lightly golden. Sprinkle over the pine nuts to serve.

## NUTRITIONAL INFO

**PER SERVE** 2060kJ (493Cal),  
**protein** 20g, **total fat** 18g (sat. fat 4g), **carbs** 56g, **fibre** 11g, **sodium** 379mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten free**







GFO LC

## CARROT & TAHINI SOUP

PREP 5 MINS COOK 30 MINS

SERVES 2 (AS A MAIN)

- 1 tbsp olive oil
- ½ x 420g can no-added-salt chickpeas, drained and rinsed
- 1 brown onion, roughly chopped
- 1 clove garlic, roughly chopped
- 2 celery sticks, roughly chopped
- 2 (250g) carrots, roughly chopped
- 300ml salt-reduced vegetable stock or gluten-free stock
- 100ml water
- 1 tbsp tahini
- Freshly ground black pepper
- 2 slices Burgen Lower Carb High Protein Sunflower & Linseed bread or gluten-free bread, toasted, to serve

**1** Heat 2 teaspoons of the oil in a medium saucepan over medium-high heat. Add half the chickpeas and cook, stirring often, for 5-8 minutes or until golden and crisp. Tip into a bowl and set aside to cool.

**2** Add the remaining oil, onion, garlic, celery and carrot to the pan over medium heat. Cook, stirring occasionally, for 8 minutes or until the vegetables have coloured slightly and started to soften.

**3** Pour the stock, water and the remaining chickpeas to the pan. Increase heat to high and bring to the boil. Cover pan and reduce the heat to medium. Simmer for 10-12 minutes or until the carrots are tender. Add the tahini and a large pinch of black pepper. Use a handheld blender to blend until smooth.

**4** Ladle the soup into serving bowls. Top with the fried chickpeas and freshly ground black pepper. Serve with the bread.

### NUTRITIONAL INFO

**PER SERVE** 1720kJ (411Cal), **protein** 19g, **total fat** 23g (sat. fat 4g), **carbs** 24g, **fibre** 17g, **sodium** 620mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

## SRIRACHA & LIME PRAWN LINGUINE

PREP 5 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

- 2 tsp olive oil
- 300g raw king prawns, peeled and deveined
- 1 clove garlic, crushed
- 250ml (1 cup) salt-reduced vegetable stock or gluten-free stock
- 125ml (½ cup) water
- Freshly ground black pepper
- 160g dried linguine or gluten-free pasta
- 1 bunch broccolini, halved lengthways, thicker stems halved
- 100g frozen peas
- 1½ tbsp sriracha, plus extra, to serve (optional)
- Zest and juice 1 lime

**1** Heat the oil in a medium saucepan over medium-high heat. Add the prawns and garlic and cook, stirring often, for 3 minutes or until the prawns are pink. Transfer the prawns to a bowl and set aside.

**2** Pour the stock and water into the pan and season with pepper. Bring to the boil over high heat. Add the pasta and cook, covered, stirring occasionally, for 8 minutes. Add the broccolini and cook for 3 minutes. Add the peas and cook for a further 2-3 minutes or until the pasta is cooked.

**3** Stir the sriracha and lime zest and juice into the pan, then toss through the prawns and garlic. Divide between bowls and top with extra sriracha, or just a grinding of black pepper, if you prefer.

### NUTRITIONAL INFO

**PER SERVE** 1940kJ (464Cal), **protein** 32g, **total fat** 7g (sat. fat 2g), **carbs** 62g, **fibre** 9g, **sodium** 605mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**





**FRIDAY**

**Sriracha & lime  
prawn linguine**  
*Recipe, opposite*

**LOWER-CARB OPTION**

Replace the linguine with 200g  
Slendier Soy Bean Fettucine, cooked  
following packet instructions.

**PER SERVE** 1250kJ (299Cal),  
**protein** 37g, **total fat** 9g (sat. fat  
3g), **carbs** 11g, **fibre** 14g, **sodium**  
608mg • **Carb exchanges** ½ • **GI**  
**estimate** low • **Gluten-free**  
**option** • **Lower carb**





Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

# LOVE YOUR LEFTOVERS

## GROCERIES

**CHICKPEAS:** Use in salads, soups or to make hummus.

**STOCK:** Remaining stock can be frozen in a small container for another use or use in sauces.

**TAHINI:** Serve a little tahini with raw vegie sticks as a snack. Use in salad dressings, spread on toast and top with sliced ripe tomatoes and basil leaves. Sprinkle with pepper.

**BREAD:** Use to make breadcrumbs, healthy toasties and sandwiches or French toast.

**LINGUINE:** Cook and serve with your favourite healthy bolognese recipe (try making it using turkey mince and lots of grated vegies). Top with parmesan shavings. Serve.

**FROZEN PEAS:** Use in fried rice, soups, salads or frittatas.

**FETA:** Crumble and add to salads to add a flavour hit. Combine with reduced-fat ricotta, chopped fresh herbs, lemon zest and juice, freshly ground black pepper. Use as a spread over sandwiches. Top with a selection of yummy salad ingredients.

**CHORIZO:** Thinly slice or finely chop and use in fried-rice, to make risotto, in soups or omelettes.

**PINE NUTS:** Use in salads, finely chop and use in dressings or to make pesto.

**BARLEY:** Use in soups or cook and use in salads or serve as an alternative to rice with curries.

**HARISSA:** Use in salad dressing or stir into Middle Eastern-style soups at the end with a dollop of low-fat yoghurt and sprinkle of chopped coriander.

## FRUIT & VEGETABLES

**CELERY:** Cut into sticks and snack on or use as a healthier alternative to chips and crackers to serve with dips. Or thinly slice and use in salads, stir-fries and casseroles.

**MINT:** Throw a few sprigs of mint into your water with a slice of lemon or lime to add a flavour hit.

**ONION:** Thinly slice and use in stir-fries or finely chop and use in pasta sauces.

**LEMON:** Squeeze and use in dressings, sauces or hot drinks.



# SHOPPING LIST

## GROCERIES

- ☐ 420g can no-added-salt chickpeas
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 385g jar tahini
- ☐ 500g pkt dried linguine
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 80g pkt pine nuts
- ☐ 500g pkt pearl barley
- ☐ 70g tube harissa paste
- ☐ 250g pouch cooked brown rice & quinoa
- ☐ 1 loaf Burgen Lower Carb High Protein Sunflower & Linseed Bread

## CHILLED (FRIDGE & DELI)

- ☐ 200g pkt reduced-fat feta
- ☐ 1 chorizo (from the deli)

## MEAT AND POULTRY

- ☐ 150g lean beef rump steak

## SEAFOOD

- ☐ 300g raw green king prawns

## FREEZER

- ☐ 500g pkt frozen peas

## FRUIT & VEGETABLES

- ☐ 3 capsicums
- ☐ 100g baby corn
- ☐ 3 brown onions
- ☐ 1 small red onion
- ☐ ½ bunch celery
- ☐ 2 (250g) carrots
- ☐ 1 bunch broccolini
- ☐ 200g cherry tomatoes
- ☐ 1 lime
- ☐ 2 lemons
- ☐ 1 bunch mint

## PANTRY

- ☐ Olive oil
- ☐ Cornflour
- ☐ Chilli flakes
- ☐ Smoked paprika
- ☐ Sunrice Low Gi Brown Rice
- ☐ Sichuan peppercorns (see Cook's tip on recipe)
- ☐ Salt-reduced soy sauce
- ☐ Chilli oil
- ☐ 4 cloves garlic
- ☐ Black pepper
- ☐ Sriracha
- ☐ Honey



**Seared tuna &  
asparagus Niçoise**  
*Recipe, page 24*



**COOK'S TIP**

Source your tuna from a good-quality fish shop. It should be sashimi-grade, which means it can be safely eaten raw.





These light, seasonal recipes  
will put a spring in your  
step! Celebrate the warmer  
weather with fresh protein  
and vibrant vegies.

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

# *Jump into* **SPRING**



## light meals

GF LC

### SEARED TUNA & ASPARAGUS NIÇOISE

PREP 20 MINS COOK 25 MINS

SERVES 4 (AS A LIGHT MEAL)

300g Zerella Spud Lite Baby Potatoes, unpeeled, halved  
1½ bunches (250g) asparagus, woody ends trimmed  
2 x 60g eggs, at room temperature  
2 tsp olive oil  
200g thick-cut sashimi-grade tuna loin, or 2 tuna steaks  
3 large tomatoes, cut into thin wedges  
55g (⅓ cup) pitted Kalamata olives  
10 whole caperberries or 2 tbsp capers, rinsed and patted dry

#### DRESSING

5 anchovy fillets, drained  
½ small clove garlic, crushed  
2 tbsp extra virgin olive oil  
Juice of ½ lemon  
Freshly ground black pepper

**1** Cook the potatoes in a medium saucepan of boiling water for 12 minutes or until a flat-bladed knife can be easily inserted. Use a slotted spoon to transfer to a bowl. Set aside to steam-dry. Add the asparagus to the saucepan and cook for 2 minutes. Drain well and transfer to a bowl of ice-cold water. Set aside.

**2** Bring a small saucepan of water to the boil over medium-high heat. Add the eggs and cook for 7½ minutes. Drain the eggs and add to the bowl of water with the asparagus.

**3** To make the dressing, use a mortar and pestle to bash the anchovies and garlic to a very smooth paste. Transfer paste to a small bowl. Whisk in the oil and lemon juice. Season with pepper.

**4** To sear the tuna, heat the oil in a large non-stick frying pan over medium-high heat. Add the tuna and cook for 1-2 minutes on each side, just until it has a slightly golden colour. Slice into thick pieces (it should still be pink in the middle).

**5** Peel and halve the eggs. Toss the potatoes, asparagus, tomatoes, olives, caperberries and dressing together on a large serving platter. Top with the eggs and tuna slices. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 1380kJ (331Cal), **protein** 22g, **total fat** 19g (sat. fat 3g), **carbs** 13g, **fibre** 5g, **sodium** 606mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free** • **Lower carb**

GF LC

### RADISHES WITH HERBY WHIPPED FETA

PREP 10 MINS COOK 5 MINS

SERVES 6 (AS A SNACK)

130g reduced-fat feta, crumbled  
130g (½ cup) thick reduced-fat Greek-style yoghurt  
Zest of ½ lemon  
¼ bunch dill  
¼ bunch basil  
3 tbsp extra virgin olive oil, plus extra, for drizzling  
1 tsp coriander seeds, roughly bashed to break up  
1 tsp za'atar or pinch chilli flakes  
1 bunch of radishes, washed and trimmed

**1** Put the feta, yoghurt, lemon zest, dill, basil and oil in a small food processor or high-speed blender. Pulse until the mixture is a creamy, smooth texture. Spoon into a shallow serving bowl and set aside.

**2** Gently toast the coriander seeds in a small non-stick frying pan over medium-low heat for 2-3 minutes or until fragrant. Scatter the seeds over the dip, along with the za'atar or chilli flakes. Drizzle over a little olive oil and serve with the radishes for dunking.

#### NUTRITIONAL INFO

**PER SERVE** 675kJ (161Cal), **protein** 8g, **total fat** 13g (sat. fat 4g), **carbs** 3g, **fibre** 1g, **sodium** 282mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**



**COOK'S TIP**

Serve this creamy dip with carrots and cucumber sticks as well as radishes, if you like.

Radishes with herby  
whipped feta  
*Recipe, opposite*



## light meals



Spring feta, pine nut  
& herb nut roast  
*Recipe, opposite*



GFO

## SPRING FETA, PINE NUT & HERB NUT ROAST

**PREP** 20 MINS **COOK** 1 HOUR 20 MINS  
**SERVES** 6 (AS A MAIN)

1 tbsp olive oil  
1 large brown onion, finely chopped  
2 cloves garlic, crushed  
3 tbsp toasted pine nuts  
800g dried green lentils, rinsed and drained  
120g mixed nuts (walnuts and brazil nuts work well)  
2 tbsp pumpkin or sunflower seeds  
1 tsp dried oregano, plus an extra pinch to sprinkle  
2 tsp sesame seeds, plus extra, to sprinkle  
2 tsp ground sumac, plus extra, to sprinkle  
2 x 60g eggs, lightly whisked  
60g (1 cup) soft white breadcrumbs or gluten-free breadcrumbs  
1 small bunch flat-leaf parsley, finely chopped  
½ small bunch oregano, leaves picked and chopped  
170g reduced-fat feta, crumbled  
Pinch chilli flakes, if using  
6 tbsp tzatziki, to serve

**1** Preheat oven to 180°C (fan-forced). Spray a 24 x 13cm x 6.5cm loaf tin with cooking spray. Line with baking paper, allowing the paper to overhang the sides.

**2** Heat 2 teaspoons oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8 minutes or until the onion softens. Add the

garlic and pine nuts. Cook, stirring, for 1 minute. Transfer to a bowl. Set aside to cool.

**3** Pat the lentils dry with kitchen paper, then transfer to a food processor with the pine nuts, mixed nuts and seeds. Pulse a few times until coarsely chopped. Transfer to a bowl and add the oregano, sesame seeds, sumac, eggs and breadcrumbs. Fold again until it forms a thick chunky paste. Add the parsley, fresh oregano and 120g feta. Fold in once or twice until the feta has just been incorporated. Spoon the mixture into the lined tin, and pack down the mixture with the back of a spoon.

**4** Cover the loaf with foil and roast for 30 minutes. Remove the foil and cook for another 20 minutes. Set aside for 10 minutes, then flip the loaf out onto a baking tray. Scatter over the remaining 50g of feta, drizzle with the remaining oil and a pinch of oregano, sumac, sesame seeds and chilli flakes, if using. Roast for another 10-15 minutes or until the feta is golden tinged and crisp. Carve and serve in chunky portions with tzatziki.

### NUTRITIONAL INFO

**PER SERVE** 2410kJ (578Cal),  
**protein** 30g, **total fat** 30g (sat. fat 6g), **carbs** 41g, **fibre** 12g, **sodium** 450mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**







## COOK'S TIP

Adapt this curry to your liking – for example, omit half the potatoes and add raw king prawns or large chunks of monkfish for a few minutes at the end of the cooking time until cooked through.

GFO

### GOLDEN NEW POTATO & PEA CURRY

**PREP** 20 MINS **COOK** 35 MINS  
**SERVES** 6 (AS A MAIN)

3 eschalots (French shallots), peeled and chopped  
5 large cloves garlic, chopped  
5cm piece galangal, peeled and chopped, or 1 tbsp galangal paste  
5cm piece of ginger, peeled and finely chopped  
1 stalk lemongrass, outer leaves removed and end trimmed  
2 tsp medium curry powder or gluten-free curry powder  
2 tsp ground turmeric  
½ tsp ground cumin  
2 tbsp coriander seeds  
4 small red chillies  
150ml water  
900g Zerella Spud Lite Baby Potatoes, unpeeled, halved  
2 tbsp olive oil

2 x 400g cans light coconut milk  
3 lime leaves  
200g fresh or frozen peas  
Freshly ground black pepper  
Juice of 2-3 limes  
200g (1 cup) jasmine rice, cooked following packet directions, to serve

**1** Put the eschalots, garlic, galangal, ginger, lemongrass, curry powder, turmeric, cumin, coriander and 2 of the chillies into a small food processor. Add 50ml water and blitz to a smooth paste. Cook the potatoes in a medium saucepan of boiling water for 5 minutes or until just tender. Drain.

**2** Heat the oil in a large saucepan over medium heat. Add the paste

and cook, stirring often with a wooden spoon, for 10 minutes. Add the potatoes, coconut milk and lime leaves. Halve the remaining chillies and add to the pan with the remaining 100ml water. Bring the mixture to a simmer.

**3** Cover and reduce heat to medium-low. Cook for 15 minutes, or until the potatoes are tender but still holding their shape. Add the peas and cook for a further 5 minutes.

**4** Season the curry with pepper. Stir in the lime juice, to taste. Serve the curry with the rice.

### NUTRITIONAL INFO

**PER SERVE** 1710kJ (409Cal), protein 8g, total fat 18g (sat. fat 10g), carbs 47g, fibre 9g, sodium 39mg • Carb exchanges 3 • GI estimate low • Gluten-free option





Roast savoy cabbage with  
lemon & tomato orzo  
*Recipe, page 30*



## light meals

### ROAST SAVOY CABBAGE WITH LEMON & TOMATO ORZO

**PREP** 15 MINS **COOK** 1 HOUR **SERVES** 4 (AS A MAIN)

1 large (700g) savoy cabbage, cut through the core into 8 wedges  
1½ tbsp olive oil  
Freshly ground black pepper  
100ml white wine  
375ml (1½ cups) salt-reduced vegetable stock  
375ml (1½ cups) water  
3½ tbsp tomato pesto  
250g orzo (risoni)  
200g baby spinach leaves  
Zest and juice 1 lemon  
50g (¼ cup) kalamata olives, pitted  
50g artichokes in oil, sliced  
50g sun-dried tomatoes, sliced  
Handful flat-leaf parsley, dill or chives, snipped  
1 tbsp finely grated parmesan, to serve

**1** Preheat oven to 200°C (fan-forced). Put the cabbage wedges in a large roasting tray (at least 5cm deep) with lots of space around each wedge. Drizzle over the olive oil and season with pepper. Roast for 25-30 minutes or until the wedges are lightly golden and starting to turn tender.

**2** Remove the cabbage from the oven and pour in the wine. Leave to sizzle in the pan for a few seconds, then add the stock, water and pesto. Sprinkle the orzo around the cabbage wedges and mix well until submerged. Scatter over the spinach and cover with foil. Cook for another 20 minutes.

**3** Add the lemon juice and zest, olives, artichokes and tomatoes to the pan. Stir well, mixing the wilted spinach into the orzo. Cook for another 10 minutes, uncovered if the orzo is tender and the stock has been absorbed, or covered, adding 150ml water, if the orzo is still firm to the bite.

**4** Sprinkle over the herbs and parmesan. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 2160kJ (517Cal), **protein** 16g, **total fat** 20g (sat. fat 3g), **carbs** 57g, **fibre** 11g, **sodium** 795mg • **Carb exchanges** 4 • **GI estimate** low



### SALMON STUFFED WITH CREAMY SPINACH

**PREP** 10 MINS **COOK** 20 MINS **SERVES** 4 (AS A MAIN)

150g baby spinach leaves  
1 clove garlic, crushed  
½ bunch dill  
80g Boursin Garlic & Herb Soft Cheese  
Zest and juice 1 lemon  
Freshly ground black pepper  
½ side of salmon (about 600g), boneless  
(ask your butcher to remove the bones)  
1 tbsp olive oil  
400g Zerella Spud Lite Potatoes, steamed, to serve  
1 bunch broccolini, steamed, to serve  
200g snow peas, steamed, to serve

**1** Preheat oven to 200°C (fan-forced). Line a large roasting tin with baking paper. Pour a kettle of just-boiled water over the spinach in a colander in the sink until it wilts. Rinse under cool water then squeeze out any liquid by wringing it out in a clean tea towel. Finely chop the spinach and place in a large bowl. Add the garlic, dill, cheese and lemon zest. Use a fork to mash together. Season well with pepper.

**2** Put the salmon on a board, skin-side down, and take a long sharp knife (a carving knife works well) and start to make a pocket in the middle of the salmon from the thickest part of the piece. Make a pocket most of the way down the flesh, then open it out sideways slightly, making sure both sides are still intact. Make another pocket from the other side of the salmon, and join up with the other side so there's a hollow down the fillet.

**3** Spoon the filling into the pocket from both sides, and spread out evenly by pressing down on the top of the salmon gently to press the filling down along the gap into the middle. Transfer to the lined tin and drizzle the flesh with the oil. Season well. Add the zested lemon halves, cut-side down, to the tin. Roast for 20 minutes until the salmon is cooked through and the fish is gently flaking.

**4** Transfer salmon to a platter and cut the caramelised lemon into wedges. Squeeze over and serve with the potatoes, broccolini and snow peas.

#### NUTRITIONAL INFO

**PER SERVE** 2350kJ (562Cal), **protein** 38g, **total fat** 38g (sat. fat 12g), **carbs** 13g, **fibre** 6g, **sodium** 217mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free** • **Lower carb**



Salmon stuffed with  
creamy spinach  
*Recipe, opposite*





# QUINOA





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



**Coconut quinoa &  
chia porridge**  
*Recipe, page 36*

Quinoa has a mild, nutty flavour with a similar texture to couscous, and comes in white, red and black varieties. Serve it as you would rice or couscous or use it as a base for a salad. You can find puffed quinoa as a breakfast cereal, and quinoa flour is available for those seeking a gluten-free alternative.



GFO

## QUINOA STIR-FRY

**PREP** 20 MINS (+ COOLING)

**COOK** 35 MINS

**SERVES** 2 (AS A MAIN)

90g (½ cup) quinoa

1 tbsp sesame oil

1 small red onion, thinly sliced

1 clove garlic, grated

4cm piece ginger, peeled and grated

½ tsp ground coriander

1 tbsp salt-reduced soy sauce or gluten-free soy sauce

1 red capsicum, cut into 1cm slices

100g green beans, trimmed and cut in half

1 large (about 250g) zucchini, sliced

2 tbsp sesame seeds

Small bunch coriander, roughly chopped

### DRESSING

Zest and juice of 2 limes

2 tbsp sesame oil

½ clove garlic, crushed

½ tsp brown rice vinegar

1 tsp salt-reduced soy sauce or gluten-free soy sauce

**1** Cook the quinoa following pack instructions. Set aside to cool.

**2** Put the sesame oil, onion, garlic, ginger, ground coriander and soy sauce in a large non-stick frying pan or wok. Cook over medium-high heat for 2 minutes or until the

moisture starts to evaporate. Add 2 tbsp water and cook for 1 minute. Add the capsicum and cook for another 2 minutes.

**3** Add 3 tbsp water to the pan and cook for 2 minutes. Add the green beans and 125ml (½ cup) water. Cook for 2 minutes. Add the zucchini and another 125ml (½ cup) water. Cook for 3 minutes. Remove the pan from the heat.

**4** To make the dressing, put all the ingredients in a jug and whisk until smooth.

**5** Add the quinoa, dressing and sesame seeds to the vegetables in the pan. Toss to combine. Toss in the coriander and serve.

### NUTRITIONAL INFO

**PER SERVE** 2500kJ (598Cal),

**protein** 15g, **total fat** 38g (sat. fat 5g), **carbs** 42g, **fibre** 15g, **sodium**

496mg • **Carb exchanges** 3 • **GI**

**estimate** low • **Gluten-free option**





Quinoa super-  
green salad  
*Recipe, page 36*





## spotlight

GF

### COCONUT QUINOA & CHIA PORRIDGE

**PREP** 5 MINS (+ OVERNIGHT SOAKING) **COOK** 25 MINS  
**SERVES** 4 (AS A BREAKFAST)

180g (1 cup) quinoa  
½ vanilla bean, split and seeds scraped out or ½ tsp vanilla extract  
1 tbsp coconut cream  
900ml water  
4 tbsp chia seeds  
125g Chobani coconut yoghurt  
2 oranges, skin and white pith removed, flesh chopped  
1 pomegranate, seeds removed

1 Put the quinoa in a medium bowl and cover with plenty of cold water. Set aside overnight to soak.

2 The next day, drain the quinoa and tip into a fine sieve. Rinse under cold water. Tip the quinoa into a medium saucepan. Add the vanilla, coconut cream and 600ml water. Cover the saucepan and simmer over low heat for 20 minutes.

3 Stir the chia seeds into the saucepan with the remaining 300ml water. Simmer, uncovered, for 3 minutes. Stir in the coconut yoghurt.

4 Divide the porridge between serving bowls. Top with the orange and pomegranate and serve.

#### NUTRITIONAL INFO

**PER SERVE** 1390kJ (333Cal),  
**protein** 12g, **total fat** 9g (sat. fat 2g), **carbs** 44g, **fibre** 15g, **sodium** 26mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

GF

LC

### QUINOA SUPER-GREEN SALAD

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 3 (AS A LIGHT MEAL)

60g (⅓ cup) quinoa  
4 green shallots, finely chopped  
1 avocado, finely chopped  
Juice of 1 lemon  
1 tsp ground cumin  
Freshly ground black pepper  
100g frozen edamame (soy) beans  
110g (⅔ cup) frozen peas  
½ small bunch mint, chopped  
½ small bunch flat-leaf parsley, chopped  
1 Lebanese cucumber, finely chopped  
1 tbsp olive oil

1 Cook the quinoa following pack instructions. Drain and rinse under cold water, then drain completely.

2 Put the green shallots and avocado in a bowl with the lemon juice and cumin. Season with pepper. Toss to combine.

3 Cook the edamame and peas in a small saucepan of boiling water for 2 minutes. Drain and rinse well. Add to the bowl with the shallots. Add the mint, parsley, cucumber and oil to the bowl. Toss to combine. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 1260kJ (302Cal),  
**protein** 11g, **total fat** 17g (sat. fat 2g), **carbs** 22g, **fibre** 12g, **sodium** 28mg • **Carb exchanges** 1½  
• **GI estimate** low • **Gluten free**  
• **Lower carb**

GFO

### SWEET POTATO & QUINOA CHILLI

**PREP** 10 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A MAIN)

1 tbsp olive oil  
1 large brown onion, finely chopped  
2 cloves garlic, crushed  
3 tsp Mexican chilli spice blend  
1 tsp ground cumin  
750g orange sweet potato, cubed  
90g (½ cup) quinoa, soaked in cold water for 10 minutes, drained  
400g can no-added-salt chopped tomatoes  
600ml salt-reduced vegetable stock or gluten-free stock  
400g can no-added-salt black beans, drained and rinsed  
Small bunch of coriander, leaves picked, to serve  
4 tbsp reduced-fat Greek yoghurt, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 6-7 minutes or until softened. Add the chilli blend and cumin. Cook, stirring, for 1 minute.

2 Stir the sweet potato, quinoa, tomatoes and stock into the pan. Simmer, stirring occasionally, for 10 minutes. Add the beans and simmer, stirring occasionally, for a further 20-30 minutes or until the sweet potato and quinoa are tender and the sauce thickens.

3 Divide the chilli between serving bowls. Scatter over the coriander and top each with a tablespoon of the yoghurt.

#### NUTRITIONAL INFO

**PER SERVE** 1670kJ (400Cal),  
**protein** 15g, **total fat** 8g (sat. fat 1g), **carbs** 61g, **fibre** 13g, **sodium** 570mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**





Sweet potato &  
quinoa chilli  
*Recipe, opposite*





# HOT TO POT

Just because winter is officially over doesn't mean the weather won't still throw us an occasional chilly evening that just begs for hearty food like this

GFO

## **SLOW-COOKED PORK, CIDER & SAGE HOTPOT**

**PREP** 40 MINS **COOK** 3 HOURS  
**SERVES** 6 (AS A MAIN)

2½ tbsp olive oil, plus 1 tsp extra  
1 kg diced trimmed pork shoulder  
20g light margarine, plus 1 tsp extra

4 leeks, trimmed and thickly sliced  
4 cloves garlic, crushed

3 tbsp plain flour or gluten-free plain flour

500ml (2 cups) dry apple cider  
400ml salt-reduced chicken stock or gluten-free stock

2 bay leaves

½ small bunch flat leaf parsley, finely chopped

1 bunch sage, leaves picked, 5 left whole, the rest chopped

200ml light thickened cream

Freshly ground black pepper

400g Zerella Spud Lite Potatoes

400g orange sweet potato

1 Heat 3 teaspoons of the oil in a large deep ovenproof frying pan or

flameproof and ovenproof casserole dish over medium-high heat. Add half the pork and cook, turning occasionally, for 2-3 minutes or until well browned. Transfer to a plate. Repeat with another 3 teaspoons of oil and the remaining pork. Remove all the pork from the pan.

2 Add the remaining oil to the pan with half the margarine. Heat over medium heat. Add the leeks and cook, stirring occasionally, for 10 minutes or until the leek softens. Add the garlic and cook, stirring, for 1 minute. Stir in the flour.

3 Pour the cider into the pan, a little at a time, stirring to pick up any bits stuck to the bottom of the pan and to combine everything. Add the stock, bay leaves and seared pork to the pan. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, partially covered, stirring occasionally, for 1-1½ hours or until the meat is just tender.

4 Preheat oven to 180°C (fan-forced). Simmer the pork casserole uncovered for a few minutes to reduce the sauce, if you need to – it shouldn't be too liquid or the potatoes will sink into the sauce. Stir in the parsley, chopped sage, remaining leeks, and the cream. Season with pepper.

5 Peel both types of potatoes and cut into 2mm-thick slices. Alternate layers of potato and sweet potato in circles over the pie, or randomly, if you prefer. Dot the extra margarine over the top and bake for 1-1½ hours or until the potato is tender. Nestle in the whole sage leaves, sprayed with a little olive oil cooking spray, for the last 10 minutes. Set aside to rest for 10 minutes before serving.

## **NUTRITIONAL INFO**

**PER SERVE** 2210kJ (527Cal),  
**protein** 40g, **total fat** 23g (sat. fat 9g), **carbs** 29g, **fibre** 9g, **sodium** 417mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92









**GFO** **LC**

## **SLOW COOKER BEEF GOULASH**

**PREP** 25 MINS **COOK** 7 HOURS  
**SERVES** 8 (AS A MAIN)

2 tbsp olive oil  
1.8kg chuck steak, fat trimmed, cut into chunks  
2 large brown onions, finely chopped  
4 mixed coloured capsicum, cut into 4cm chunks  
3 cloves garlic, crushed  
2 tbsp plain flour or gluten-free plain flour  
2 tsp caraway seeds  
2 tsp ground paprika  
1 tbsp smoked paprika, plus extra, to serve  
4 tbsp passata or tomato purée  
4 large tomatoes, cut into small chunks  
400ml salt-reduced beef stock or gluten-free stock  
250ml light sour cream

Freshly ground black pepper  
1 small bunch flat-leaf parsley, chopped

**1** Turn on your slow cooker to low. Heat 3 teaspoons of the oil in a large deep non-stick frying pan over medium heat. Add half the beef and cook, turning occasionally, for 3-4 minutes or until browned. Transfer to a plate. Repeat with another teaspoon of oil and the remaining beef. Remove all the beef from the pan.

**2** Heat the remaining oil in the pan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion is lightly golden. Add the capsicum and garlic and cook, stirring occasionally, for 8 minutes. Add the flour, caraway seeds and paprika. Cook, stirring, for 2 minutes. Stir in

the passata, tomatoes and stock. Season with pepper.

**3** Bring the mixture to the boil over high heat. Pour the mixture into the slow cooker with the seared beef. Add a little water if needed, to cover the meat completely. Cover and cook for 6-7 hours or until the beef is tender and the sauce has thickened slightly.

**4** Season the goulash with pepper. Swirl the sour cream and most of the parsley through the stew. Sprinkle over the remaining parsley and a little sweet paprika.

### **NUTRITIONAL INFO**

**PER SERVE** 2130kJ (510Cal), **protein** 50g, **total fat** 27g (sat. fat 10g), **carbs** 14g, **fibre** 6g, **sodium** 290mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



**Paprika pork &  
pumpkin with  
dumplings**  
*Recipe, page 42*



**COOK'S TIP**

To cook the cabbage you can either steam it or saute off in a little olive oil and then add a little water and cover and cook until softens.



## mains

### PAPRIKA PORK & PUMPKIN WITH DUMPLINGS

PREP 15 MINS COOK 40 MINS

SERVES 2 (AS A MAIN)

1 tsp olive oil  
250g lean pork fillet, trimmed of fat, cut into chunks  
3 stalks celery, chopped  
160g peeled and cubed butternut pumpkin  
1 green capsicum, finely chopped  
100g button mushrooms, stalks pulled out, larger ones halved  
½ tsp caraway seeds, plus a pinch for sprinkling  
2 tsp smoked paprika  
350ml boiling water  
1 tsp salt-reduced vegetable stock powder  
2 tbsp tomato passata or tomato purée  
2 cloves garlic, finely grated  
160g cooked cabbage, to serve (see Cook's tip, previous page)

#### TOPPING

100g spelt wholemeal flour  
2 tsp baking powder  
1 tsp olive oil  
100g low-fat natural yoghurt  
2 tsp skim milk, to glaze (optional)

1 Heat the oil in a stoveproof and ovenproof casserole dish or cast iron pan over medium-high heat. Add the pork and cook, turning often, for 6-7 minutes or until the pork starts to brown. Add the celery, pumpkin, capsicum and mushrooms (and stalks). Cook, stirring, for 2 minutes.

2 Stir the caraway and paprika into the pan. Add the boiling water, stock powder, passata and garlic. Cover the pan and bring to the boil. Reduce heat to medium-low and simmer for 20 minutes or until the vegetables are tender. Remove the lid and simmer for a further 5 minutes to reduce a little.

3 Preheat oven to 200°C (fan-

forced). To make the topping, put the flour in a bowl and stir in the baking powder. Combine the oil and yoghurt in a small bowl. Stir the yoghurt mixture into the flour. Use a flat-bladed knife to bring the mix together into a dough. Turn out on a clean work surface and bring together to form a ball. Shape the dough into a sausage shape about the width of a large cucumber.

4 Slice the dough evenly into six rounds and arrange on top of the goulash. Brush with a little milk to glaze and scatter over a pinch of caraway seeds. Bake for 15-20 minutes or until golden and cooked – you can tell by lifting one to see if the mixture has set beneath. Serve with the cooked cabbage on the side.

#### NUTRITIONAL INFO

PER SERVE 2120kJ (507Cal), protein 47g, total fat 9g (sat. fat 2g), carbs 53g, fibre 15g, sodium 789mg • Carb exchanges 3½ • GI estimate medium



### SLOW-COOKED LAMB & VEG ONE-POT

PREP 20 MINS COOK 4 HOURS

SERVES 8 (AS A MAIN)

3 sprigs rosemary, leaves stripped and chopped, plus a few whole sprigs  
2 cloves garlic, crushed  
3 tbsp olive oil  
Freshly ground black pepper  
2kg whole leg of lamb, trimmed of fat

2 stalks celery, cut into 4-5cm lengths

6 small leeks, cut into 4-5cm lengths

6 carrots, halved lengthways and cut into 4-5cm lengths

4 (360g) small turnips, quartered

250ml (1 cup) white wine

200ml salt-reduced chicken stock

or gluten-free stock

300g small roma tomatoes, halved

1 Preheat oven to 160°C (fan-forced). Line a large roasting tin with baking paper.

2 Combine the chopped rosemary, garlic and olive oil in a bowl. Season well with pepper. Put the lamb in the lined roasting tin and rub all over with the rosemary-garlic mixture. Roast for 30 minutes.

3 Remove the tin from the oven and reduce the oven temperature to 140°C (fan-forced). Add the celery, leeks, carrots, turnips and whole rosemary sprigs to the tin. Pour in the wine and stock.

4 Cover the tin with a double sheet of foil and cook for 2½ hours. Remove the foil, stir in the tomatoes and cook for another hour. Pull the lamb into chunks and serve with the vegetables and juices.

#### NUTRITIONAL INFO

PER SERVE 1880kJ (450Cal), protein 42g, total fat 21g (sat. fat 7g), carbs 13g, fibre 8g, sodium 269mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb



Slow-cooked lamb &  
veg one-pot  
*Recipe, opposite*





**mains**

Lamb & red wine with  
herb scones  
*Recipe, page 46*





GF

## LAMB DHANSAK

PREP 20 MINS COOK 2 HOURS

SERVES 4 (AS A MAIN)

100g dried red lentils  
500g pumpkin, peeled and  
deseeded, chopped into chunks  
2 brown onions, roughly chopped  
400g can no-added-salt chopped  
tomatoes  
1 tsp ground turmeric  
1 tbsp olive oil  
400g lean diced lamb  
1 tsp ground cumin  
1 tsp ground coriander  
4 cardamom pods, flattened with  
the back of a knife  
4cm piece ginger, finely chopped  
4 cloves garlic, crushed  
2 long green chillies, sliced (take  
out the seeds if you don't want it  
too hot)

200ml water

1 tsp garam masala

1 bunch coriander, chopped

**1** Put the lentils, pumpkin, onions, tomatoes and turmeric in a large saucepan. Add enough water to cover. Bring to the boil over high heat. Reduce heat to medium and simmer for 20 minutes or until the lentils are tender.

**2** Heat half the oil in a large non-stick frying pan over medium-high heat. Add half the lamb and cook for 2-3 minutes or until well browned. Transfer to a bowl. Repeat with the remaining oil and lamb. Remove all the lamb from the pan and set aside.

**3** Add the cumin, ground coriander and cardamom pods to the pan. Cook, stirring, for 2 minutes. Stir in the ginger, garlic and chillies. Cook, stirring, for 2 minutes. Add the lamb, lentils, pumpkin and water. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer for 1 hour. Remove the lid and simmer for a further 30 minutes or until the lamb is tender and sauce thickens. Stir in the garam masala and fresh coriander.

### NUTRITIONAL INFO

**PER SERVE** 1710kJ (408Cal),  
**protein** 32g, **total fat** 15g (sat. fat  
4g), **carbs** 31g, **fibre** 11g, **sodium**  
83mg • **Carb exchanges** 2 • **GI**  
**estimate** low • **Gluten free**





## mains

### LAMB & RED WINE WITH HERB SCONES

PREP 40 MINS COOK 2½ HOURS

SERVES 6 (AS A MAIN)

1 tbsp olive oil  
200g lean and trimmed bacon, cut into pieces  
900g lamb neck fillets, trimmed of fat, cut into large chunks  
350g baby onions, peeled  
5 carrots, cut into large chunks  
350g small button mushrooms  
3 tbsp plain flour  
3 bay leaves  
Small bunch thyme  
350ml red wine  
250ml (1 cup) salt-reduced beef stock  
100ml water  
Large splash of Worcestershire sauce  
Freshly ground black pepper  
240g green beans, steamed, to serve  
150g (1 cup) frozen peas, steamed to serve

#### SCONE TOPPING

350g (2⅓ cups) self-raising flour, plus extra, for dusting  
4 tbsp chopped mixed herbs, including thyme, rosemary and parsley  
200g light margarine  
Juice of 1 lemon  
3 tbsp water  
5 bay leaves  
1 x 60g egg, whisked, to glaze

1 Preheat oven to 160°C (fan-forced). Heat the oil in a flameproof and ovenproof casserole dish over medium heat. Add the bacon and cook, stirring often, or until crisp. Increase the heat to high and add the lamb. Cook, stirring often, for 10 minutes or until browned. Use a slotted spoon to transfer the lamb and bacon to a plate.  
2 Add the onions, carrots and mushrooms to the pan. Cook,

stirring often, for 5 minutes or until the vegetables start to colour. Stir in the flour. Return the meat to the pan with the thyme. Pour over the wine, stock, water and Worcestershire sauce. Season with pepper. Cover and cook in the oven for 1 hour 20 minutes (don't stir).

3 After about 1 hour of cooking, make the topping. Put the flour and herbs into a large bowl, and season with pepper. Add the margarine and mix using a fork. Make a well in the middle and add the lemon juice and water. Gently bring together to make a soft dough. Roll out on a lightly floured surface to about 5mm-thick. Use a 7.5cm pastry cutter to cut into rounds. Re-roll the trimmings, then cut out more rounds until the dough is used up.

4 After 1 hour 20 minutes remove the casserole from the oven. Remove the lid and arrange the scones, overlapping, around the edge of the dish, sticking bay leaves between them. Brush the scones with egg and bake for 45 minutes or until golden.

#### NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), protein 37g, total fat 15g (sat. fat 4g), carbs 45g, fibre 9g, sodium 1020mg • Carb exchanges 3 • GI estimate medium



### BEEF STIFADO

PREP 20 MINS (+ OVERNIGHT MARINATING) COOK 2 HRS 20 MINS  
SERVES 8 (AS A MAIN)

1½kg beef chuck steak, trimmed of visible fat, finely chopped  
250ml (1 cup) red wine  
2 tbsp red wine vinegar  
2 cinnamon sticks  
3 cloves garlic, sliced  
1 bay leaf  
2 tsp dried oregano  
1 tsp ground allspice

1 tsp ground cloves  
¼ tsp ground nutmeg  
3 tbsp olive oil  
500g eshallots, peeled  
2 tbsp passata or tomato purée  
400g can no-added-salt chopped tomatoes  
½ tsp caster sugar  
Freshly ground black pepper  
800g fresh pappardelle or fettuccine or gluten-free pasta, cooked, to serve

1 Put the beef in a large non-metallic dish or bowl. Add the wine, vinegar, cinnamon sticks, garlic, bay leaf, oregano, allspice, cloves and nutmeg. Cover and put in the fridge overnight to marinate.

2 Preheat oven to 160°C (fan-forced). Drain the marinade from the beef and reserve. Put a large flameproof and ovenproof casserole over medium heat and add 1 tablespoon of the oil. Add the eshallots and cook, stirring often, for 4-5 minutes or until just browned. Use a slotted spoon to transfer to a bowl. Use the remaining oil to cook the beef, in batches over high heat, for 2-3 minutes or until browned.

3 Return the eshallots and beef to the pan with any leftover marinade, passata and chopped tomatoes. Fill the tomato tin with water and pour into the pan. Add the sugar and bring to a gentle simmer.

4 Add the casserole to the oven and cook for 2 hours, stirring halfway during cooking. Remove the pan from the oven and discard the cinnamon sticks and bay leaf. Season with pepper. Serve with the pappardelle.

#### NUTRITIONAL INFO

PER SERVE 2250kJ (538Cal), protein 47g, total fat 22g (sat. fat 6g), carbs 30g, fibre 5g, sodium 131mg • Carb exchanges 2 • GI estimate low • Gluten-free option





**Beef Stifado**  
*Recipe, opposite*

**LOWER-CARB OPTION**

Replace the pappardelle with 800g Slendier Soy Bean Fettucine, prepared following packet instructions.

**NUTRITIONAL INFO**

**PER SERVE** 2130kJ (510Cal),  
**protein** 56g, **total fat** 23g (sat. fat 7g),  
**carbs** 9g, **fibre** 11g, **sodium** 131mg  
• Carb exchanges  $\frac{1}{2}$  • GI estimate low  
• Gluten free • Lower carb



# let's eat MORE FISH

Tuna & corn cakes Recipe, page 54

Get hooked on these easy, family-friendly fish dishes!





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

Herby fish fingers  
with rice  
*Recipe, page 54*



## focus on

GF LC

### GRILLED SALMON TACOS WITH AVOCADO SALSA

**PREP** 20 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A MAIN)

1 tbsp smoked paprika  
2 tsp ground cumin  
4 x 120g each skinless and boneless salmon fillets  
200g ( $\frac{3}{4}$  cup) low-fat natural yoghurt  
1 clove garlic, crushed  
Freshly ground black pepper  
2 small ripe avocados, peeled and finely chopped  
1 red onion, finely chopped  
2 large tomatoes, finely chopped  
2 limes, 1 juiced, 1 cut into wedges  
Small bunch coriander, chopped  
8 (11g each) taco shells, heated following packet directions

**1** Preheat grill on high. Line a large baking tray with foil. Combine the paprika and cumin in a small bowl. Rub the spices over the salmon fillets and place on the baking tray. Cook under the grill for 8-10 minutes or until cooked through.

**2** Meanwhile, combine the yoghurt and the garlic in a small bowl. Season with pepper. In another bowl, combine the avocado, onion and tomatoes. Add the lime juice and coriander. Season with pepper. Toss to combine.

**3** Flake the salmon and serve with the taco shells, avocado salsa, garlic yoghurt and lime wedges.

#### NUTRITIONAL INFO

**PER SERVE** 2020kJ (483Cal),  
**protein** 33g, **total fat** 27g (sat. fat 6g), **carbs** 22g, **fibre** 9g, **sodium** 130mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

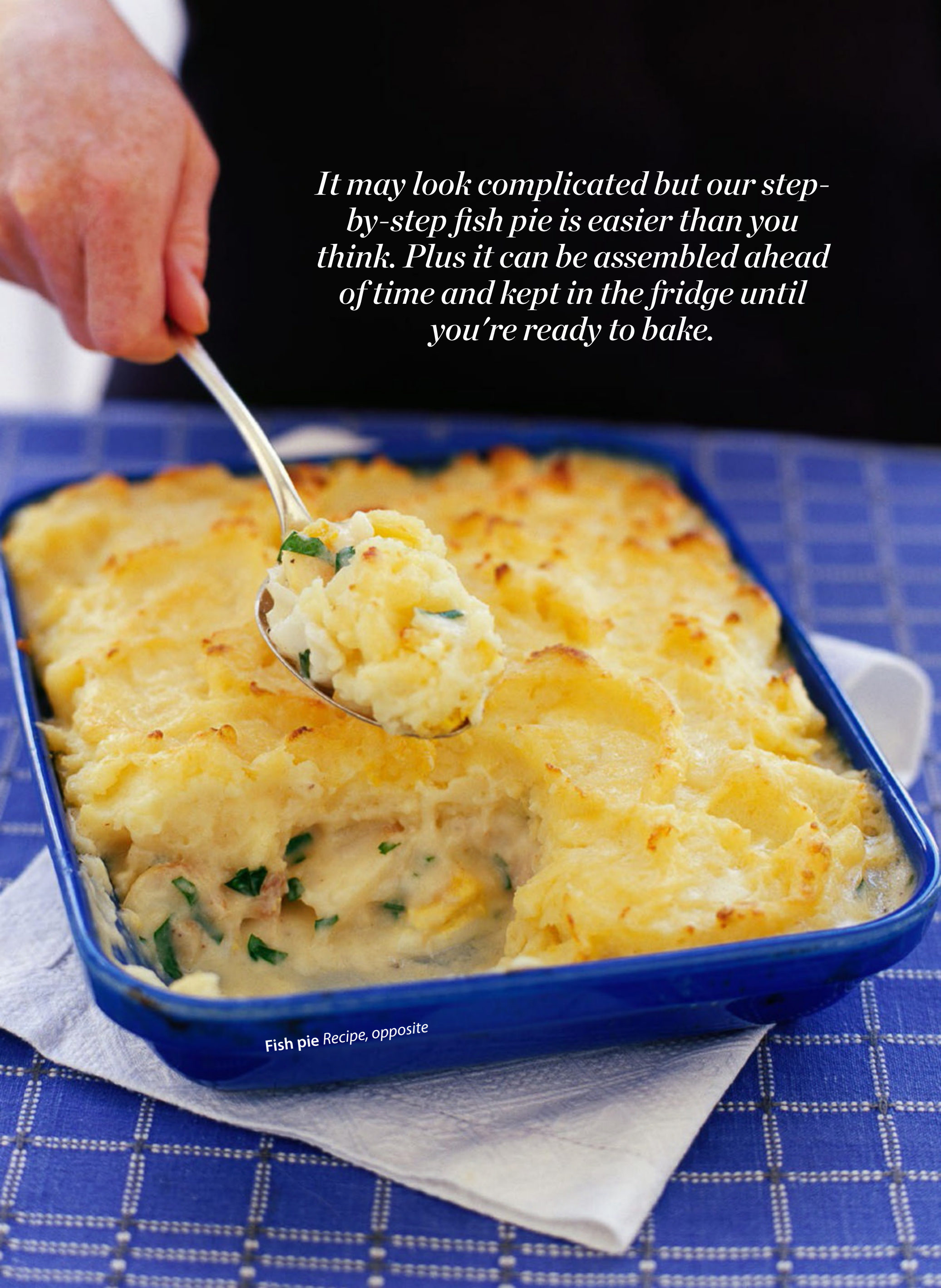




Greek-style roast fish *Recipe, page 54*







*It may look complicated but our step-by-step fish pie is easier than you think. Plus it can be assembled ahead of time and kept in the fridge until you're ready to bake.*

Fish pie Recipe, opposite





GFO

## FISH PIE

**PREP** 15 MINS **COOK** 1 HR 15 MINS  
**SERVES** 6 (AS A MAIN)

400g skinless and boneless white fish fillets  
300g skinless and boneless smoked trout, flaked  
600ml light milk  
1 small brown onion, quartered  
4 cloves  
2 bay leaves  
4 x 60g eggs  
Small bunch flat-leaf parsley, leaves only, chopped  
100g light margarine  
50g (1/3 cup) plain flour or gluten-free flour  
Freshly ground black pepper  
Pinch ground nutmeg  
1kg Zerella Spud Lite Potatoes, cut into even-sized chunks  
55g (1 cup) finely grated reduced-fat cheese  
185g broccoli, cut into florets, steamed, to serve  
2 large carrots, sliced, steamed, to serve  
150g (1 cup) frozen green peas, steamed, to serve

**1** Put the white fish fillets in a large non-stick frying pan and pour over 500ml (2 cups) of the milk. Stud each onion quarter with a clove, then add to the milk with the bay leaves. Bring the milk just to the boil over medium heat – you will see a few small bubbles. Reduce the heat to medium-low and simmer for 8 minutes. Lift fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces and place into a baking dish. Toss in the flaked trout.

**2** Bring a small saucepan of water to a gentle boil over medium-high heat. Use a slotted spoon to carefully lower in the eggs. Return the water back to a gentle boil, with just a couple of bubbles rising

to the surface. Cook for 8 minutes. Drain and cool in a bowl of cold water. Peel the eggs and cut into quarters. Arrange on top of the fish, then scatter over the chopped parsley.

**3** Melt half the margarine in a small saucepan over medium heat. Stir in the flour and cook, stirring, for 1 minute. Remove the pan from the heat and pour in a little of the poaching milk, stir until blended. Continue to gradually add the remaining poaching milk, mixing well until you have a smooth sauce. Return the pan to medium heat. Bring to the boil and cook, stirring, for 5 minutes, or until it coats the back of a spoon. Remove the pan from the heat. Season with pepper and nutmeg. Pour over the fish.

**4** Preheat oven to 180°C (fan-forced). Cook the potatoes in a saucepan of boiling water for 20 minutes or until tender. Drain and return to the pan. Season with pepper. Add the remaining 100ml milk and margarine. Mash until smooth. Use to top the pie, starting at the edge of the dish and working your way in. Use a fork to fluff the top of the potato. Sprinkle with cheese and bake for 30 minutes. Serve with the steamed vegetables.

## NUTRITIONAL INFO

**PER SERVE** 2220kJ (531Cal),  
**protein** 44g, **total fat** 19g (sat. fat 7g), **carbs** 35g, **fibre** 8g, **sodium** 958mg • **Carb exchanges** 2½  
• **GI estimate** medium • **Gluten-free option**

## COOK'S TIP

The pie can be made up to just before baking the day before.  
Bake for 40 minutes.



## focus on

### **GFO** TUNA & CORN CAKES

**PREP** 15 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

450g Zerella Spud Lite Potatoes, quartered  
Freshly ground black pepper  
2 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise, plus 1 tbsp extra, to serve  
2 x 185g cans tuna in springwater, drained  
½ x 420g can drained and rinsed no-added-salt corn kernels  
Small bunch of chives, snipped, or 1 tsp dried parsley  
2 x 60g eggs, whisked  
90g (1 cup) dried breadcrumbs or gluten-free breadcrumbs

#### **SALAD**

60g rocket leaves  
200g cherry tomatoes, halved  
1 Lebanese cucumber, sliced or peeled into ribbons  
Balsamic vinegar, to serve

**1** Put the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 15-20 minutes or until very tender. Drain and steam dry in a colander.

**2** Tip the potatoes into a bowl. Season with pepper and mash until smooth. Stir in the 2 tbsp mayonnaise, tuna, corn and chives. Shape into four cakes and place on a plate. Cover and put in the fridge until cold and firm.

**3** Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs. Place in the fridge for 15 minutes to chill.

**4** Spray a large non-stick frying pan with olive oil cooking spray. Heat the pan over medium heat. Add the fish cakes and cook for 2-3 minutes on each side or until golden. You may need to do this in batches – keep

warm in a low oven. Toss the salad ingredients in a bowl. Serve the fish cakes with the extra mayonnaise and salad.

#### **NUTRITIONAL INFO**

**PER SERVE** 1460kJ (349Cal), **protein** 33g, **total fat** 8g (sat. fat 2g), **carbs** 33g, **fibre** 5g, **sodium** 500mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

### **GFO**

### HERBY FISH FINGERS WITH RICE

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 2 (AS A MAIN)

100g (½ cup) brown basmati rice  
150g (1 cup) frozen peas  
50g green beans, cut into pieces about 1cm  
3 green shallots, finely chopped  
½ tsp dried chilli flakes  
Large handful of coriander, roughly chopped  
2 tsp salt-reduced soy sauce or gluten-free soy sauce  
¼ tsp sesame oil  
1 tbsp olive oil  
2 x 60g eggs  
300g skinless blue eye cod fillets or firm white fish fillets, cut into 8 chunky strips

**1** Cook the rice in a medium saucepan of simmering water for 25 minutes, adding the peas and beans for the last 6 minutes. Drain, then return to the pan and stir in the green shallots, chilli flakes, all but 1 tbsp chopped coriander, the soy sauce and sesame oil. Cover and set aside.

**2** Meanwhile, heat the olive oil in a large non-stick frying pan. Whisk the eggs in a bowl with the remaining coriander. Dip the fish strips in the egg, then fry in the oil for 2-3 minutes on each side until golden. Remove from the pan and tip in the rice with any remaining egg and give it a quick stir.

**3** Divide the rice between serving bowls. Top with the fish fingers and serve.

#### **NUTRITIONAL INFO**

**PER SERVE** 2400kJ (573Cal), **protein** 45g, **total fat** 23g (sat. fat 4g), **carbs** 42g, **fibre** 7g, **sodium** 449mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option.**

### **GF**

### GREEK-STYLE ROAST FISH

**PREP** 10 MINS **COOK** 50 MINS  
**SERVES** 2 (AS A MAIN)

400g small Zerella Spud Lite Potatoes, scrubbed and cut into wedges  
1 brown onion, halved and sliced  
2 cloves garlic, roughly chopped  
½ tsp dried oregano or 2 tsp chopped fresh oregano  
2 tbsp olive oil  
Freshly ground black pepper  
½ lemon, cut into wedges  
2 large tomatoes, cut into wedges  
200g skinless and boneless firm white fillets  
Small handful flat-leaf parsley, chopped

**1** Preheat oven to 180°C (fan-forced). Line a large ovenproof dish or roasting tin with baking paper.

**2** Put the potatoes, onion, garlic, oregano and olive oil into the tin. Season with pepper. Toss together to coat everything in the oil. Roast for 15 minutes. Turn everything over and bake for a further 15 minutes.

**3** Add the lemon and tomatoes to the tin. Roast for a further 10 minutes. Top with the fish fillets and cook for 10 minutes more. Sprinkle over the parsley and serve.

#### **NUTRITIONAL INFO**

**PER SERVE** 1840kJ (439Cal), **protein** 25g, **total fat** 21g (sat. fat 4g), **carbs** 29g, **fibre** 9g, **sodium** 136mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**



# AIR FRYER LUNCHES

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92



Internet sensation Nathan Anthony (*Bored of Lunch*) shares his favourite air fryer recipes in his new book, and we've got a deliciously healthy sneak peek for you!



## COOK'S TIP

To make this a more substantial meal, add a single poached egg, see recipe page 80

## NUTRITIONAL INFO

**ONE POACHED EGG** 333kJ (80Cal), **protein** 8g, **total fat** 5g (sat fat 1g), **carbs** 0g, **fibre** 0g, **sodium** 93mg, **carb exchanges** 0, **GI estimate** n/a, **gluten free**, **lower carb**

Sweet potato & chorizo hash Recipe, page 59

## HEALTH TIP

Butter can be replaced with light margarine which will be lower in saturated fats





Harissa chicken gyros  
*Recipe, page 59*



Coconut panko prawns  
& Peanut Sauce  
*Recipe opposite*



**HEALTH TIP**

Serve with garden salad.



## COCONUT PANKO PRAWNS & PEANUT SAUCE

**SERVES** 4 (AS A LIGHT MEAL)

120g panko breadcrumbs  
2 tbsp desiccated coconut  
50g flour  
2 x 60g eggs, beaten  
400g raw prawns, peeled  
Cooking oil spray  
Pepper, to taste

### PEANUT SAUCE

3 tbsp smooth peanut butter  
150ml water  
Juice of 1 lime  
1 tbsp soy sauce  
1 tsp garlic powder  
1 tsp ground ginger

**1** In a bowl, combine the breadcrumbs and coconut, and season with pepper.

**2** Put the flour into one bowl and the beaten egg in another. Coat the prawns in the flour, then dip into the egg, shaking off any excess, then roll them in the breadcrumb mix to coat.

**3** Spray really well with oil spray and air-fry at 200°C for 10 minutes.

**4** While the prawns are cooking,

whip up your peanut sauce by combining all the ingredients in a bowl. Add some more water if it looks too thick.

**5** Serve the prawns with the peanut sauce.

### NUTRITIONAL INFO

**PER SERVE** 1660kJ (397Cal),  
**protein** 24g, **total fat** 17g (sat. fat 5g), **carbs** 37g, **fibre** 3g, **sodium** 777mg • **Carb exchanges** 2½  
• **GI estimate** medium



## HARISSA CHICKEN GYROS

**SERVES** 3 (AS A LIGHT MEAL)

2 tbsp harissa paste  
Juice of 1 lemon  
1 tsp paprika  
1 tsp Cajun seasoning  
1 tsp ground cumin  
500g skinless, boneless chicken thighs  
Pepper, to taste  
3 supermarket flatbreads or pittas  
Handful of rocket  
3 tbsp pomegranate seeds  
Small handful of pickled red onions

### SAUCE

5 heaped tbsp Greek yoghurt  
Juice of 1 lemon  
2 garlic cloves, crushed

**1** Combine the harissa, lemon juice, paprika, Cajun seasoning, cumin and pepper in a bowl. Coat the chicken with this mixture – if you can, preheat the air fryer for 2–3 minutes because adding the chicken to the hot drawer will give it an extra bit of char. Air-fry at 200°C for 12 minutes.

**2** While the chicken is cooking, combine the yogurt with the lemon juice and garlic.

**3** Heat the flatbreads or pittas and assemble, stuffing with the chicken and rocket and drizzling

over the yoghurt sauce, then top with the pomegranate seeds and pickled red onions.

### NUTRITIONAL INFO

**PER SERVE** 1540kJ (368Cal),  
**protein** 37g, **total fat** 11g (sat. fat 3g), **carbs** 26g, **fibre** 5g, **sodium** 899mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

## SWEET POTATO & CHORIZO HASH

**SERVES** 3 (AS A LIGHT MEAL)

600g sweet potatoes, peeled and cut into cubes  
1 tbsp oil or oil spray  
1 tbsp paprika  
150g chorizo, sliced  
1 tbsp light butter  
½ tsp chilli flakes  
1 garlic clove, grated  
4 tbsp Greek yoghurt  
Pepper, to taste  
Fresh dill, to sprinkle

**1** In a bowl, combine the sweet potatoes, oil and paprika.

**2** Air-fry the potatoes at 190°C for 14–15 minutes, and add the chorizo for the last 2–3 minutes.

**3** While the chorizo is cooking, put the butter, chilli and garlic in a microwaveable bowl and microwave for 1 minute until the butter is melted.

**4** Season the yoghurt with pepper.

**5** Serve the hash drizzled with the yoghurt, then top with the melted garlic chilli butter and sprinkle with fresh dill.

### NUTRITIONAL INFO

**PER SERVE** 1500kJ (359Cal),  
**protein** 16g, **total fat** 17g (sat. fat 6g), **carbs** 32g, **fibre** 7g, **sodium** 634mg • **Carb exchanges** 2 • **GI estimate** low



*Bored of Lunch; The Healthy Air Fryer Book* by Nathan Anthony Published by Hardie Grant, RRP \$45. Available in stores nationally.



Chicken & mango noodle salad Recipe, page 66

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

# NO-COOK lunches





Save time and cut  
energy costs with  
these nutritious, easy  
to assemble lunches,  
no cooking required!

Smoked salmon grain bowl with dill yoghurt Recipe, page 64

### COOK'S TIP

If you don't have any cooked quinoa on hand, you will need about 200g raw quinoa to make around 500g cooked quinoa. Cook following packet directions.



light meals

Lentil & tuna salad *Recipe, page 64*





### LOWER-CARB OPTION

Swap the sourdough bread for 8 slices of Burgen Lower-Carb High-Protein Sunflower & Linseed bread or a lower-carb bread of your choice.

### NUTRITIONAL INFO

**PER SERVE** 1540kJ (368Cal),  
**protein** 33g, **total fat** 18g (sat.  
fat 5g), **carbs** 9g, **fibre** 15g,  
**sodium** 655mg • **Carb**  
**exchanges** ½ • **GI estimate** low  
• **Lower carb**

Open Greek-style sandwiches  
Recipe, page 66



## light meals

GFO LC

### LENTIL & TUNA SALAD

PREP 15 MINS

SERVES 4 (AS A LIGHT MEAL)

2 tbsp sherry or red wine vinegar  
1 tsp Dijon mustard or gluten-free mustard  
2 cloves garlic, finely grated  
2½ tbsp olive oil  
Freshly ground black pepper  
2 x 425g cans no-added-salt lentils, drained and rinsed  
2 x 185g cans tuna in springwater, drained and flaked  
10 cherry tomatoes, halved  
2 (80g) drained roasted red peppers, chopped  
Handful flat-leaf parsley, finely chopped  
½ small bunch chives, finely chopped, plus extra, to serve

1 Whisk the vinegar, mustard and garlic together in a small bowl. Slowly drizzle in the oil, whisking as you go, until emulsified. Season with pepper.

2 Add the lentils, tuna, tomatoes, peppers and herbs to a large bowl and toss together. Pour over the dressing and toss again.

3 Divide salad between four bowls and sprinkle with the extra chives, if using.

#### NUTRITIONAL INFO

**PER SERVE** 1350kJ (324Cal), **protein** 28g, **total fat** 13g (sat. fat 2g), **carbs** 20g, **fibre** 7g, **sodium** 361mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF

### SMOKED SALMON GRAIN BOWL WITH DILL YOGHURT

PREP 20 MINS

SERVES 4 (AS A LIGHT MEAL)

3 tbsp white wine vinegar  
½ tsp caster sugar  
1 small Lebanese cucumber, thinly sliced  
4 radishes, thinly sliced  
500g cooked quinoa (see Cook's tip, page 61)  
Juice of 1 lemon  
Freshly ground black pepper  
200g low-fat natural yoghurt  
1 tbsp finely chopped dill, plus extra, to serve  
250g hot-smoked salmon fillets, skin removed  
3 cooked beetroots, sliced into thin wedges

1 Combine the vinegar and sugar in a bowl. Add the cucumber and radishes, toss to combine and set aside.

2 Add the quinoa to another large bowl. Reserve 1 tsp of the lemon juice and pour the rest over the quinoa. Season with pepper and toss to combine. Add the yoghurt and chopped dill to a small bowl along with the 1 tsp reserved lemon juice. Whisk to combine. Season with pepper.

3 Divide the quinoa between four shallow bowls and top with the salmon, beetroot wedges and pickled vegetables. Drizzle over the yoghurt and sprinkle with the extra dill.

#### NUTRITIONAL INFO

**PER SERVE** 1490kJ (356Cal), **protein** 23g, **total fat** 13g (sat. fat 2g), **carbs** 32g, **fibre** 7g, **sodium** 526mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GF LC

### RIBBONED ZUCCHINI SALAD

PREP 10 MINS

SERVES 3 (AS A LIGHT MEAL)

½ cup flat-leaf parsley, finely chopped  
Zest and juice of 1 lemon  
1 tbsp olive oil  
2 tsp honey  
Freshly ground black pepper  
2 zucchini  
420g can no-added-salt chickpeas, drained and rinsed  
½ x 300g can drained corn kernels  
80g reduced-fat feta  
1 tsp sunflower seeds  
1 tsp pepita (pumpkin) seeds  
2 green shallots, finely chopped

1 Put most of the parsley, the lemon zest and juice, olive oil and honey in a bowl. Season with pepper. Whisk to combine.

2 Using a vegetable peeler, peel the zucchini into ribbons, discarding the seedy centre. Put into a large bowl with the chickpeas and corn. Pour over the dressing, toss together and leave to marinate for 5 minutes. Crumble in the feta and give it a final light toss. Season with a grinding of black pepper.

3 Divide the salad between serving plates. Sprinkle over the remaining parsley, mixed seeds and green shallots. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 1210kJ (294Cal), **protein** 15g, **total fat** 13g (sat. fat 4g), **carbs** 23g, **fibre** 7g, **sodium** 324mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**



*Fresh spring zucchini combined with sharp feta, nutty pepitas and zesty lemon make this lunch light but satisfying*

Ribboned zucchini salad Recipe, opposite



## light meals

GF

### CHICKEN & MANGO NOODLE SALAD

**PREP** 15 MINS (+ 15 MINS STANDING)  
**SERVES** 6 (AS A LIGHT MEAL)

200g vermicelli rice noodles  
Juice of 2 limes, plus wedges, to serve (optional)  
1 tbsp fish sauce  
1 tbsp honey  
1 tbsp toasted sesame oil  
320g leftover skinless roast chicken, shredded  
2 ripe mangoes, flesh cut into thin slices  
½ cup coriander leaves, roughly chopped  
1 small red chilli, deseeded, thinly sliced

**1** Put the noodles in a heatproof bowl. Cover with boiling water and set aside for 15 minutes to soften.

**2** Meanwhile, whisk the lime juice, fish sauce, honey and sesame oil in a small bowl.

**3** Drain and rinse the noodles briefly under cold water. Drain again and tip into a large bowl. Add the chicken, mango, coriander and chilli. Toss to combine. Pour over the dressing and toss to coat.

**4** Divide the salad between serving plates. Serve with lime wedges on the side, if using.

#### NUTRITIONAL INFO

**PER SERVE** 1070kJ (256Cal),  
**protein** 18g, **total fat** 6g (sat. fat 1g), **carbs** 32g, **fibre** 3g, **sodium** 362mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GFO LCO

### OPEN GREEK-STYLE SANDWICHES

**PREP** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

125g reduced-fat feta  
130g (½ cup) thick low-fat natural yoghurt  
2 cloves garlic, finely grated  
Freshly ground black pepper  
2 tomatoes, seeds removed, finely chopped  
1 large Lebanese cucumber, finely chopped  
10 pitted black olives, roughly chopped  
½ red onion, thinly sliced  
1 tbsp finely chopped mint, plus extra leaves, to serve  
Juice of ½ lemon  
8 x 40g slices sourdough or gluten-free bread

**1** Put the feta, yoghurt and garlic in a small food processor. Blend until thick and smooth, then season with black pepper.

**2** Toss the tomatoes, cucumber, olives, red onion, mint and lemon juice in a large bowl. Season with pepper.

**3** Spread the whipped feta onto the sourdough slices and pile each with the tomato mixture. Top with the extra mint leaves and serve.

#### NUTRITIONAL INFO

**PER SERVE** 1360kJ (325Cal),  
**protein** 19g, **total fat** 8g (sat. fat 3g), **carbs** 41g, **fibre** 5g, **sodium** 804mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**





## LAMB LEG STEAKS WITH QUINOA TABBOULEH

**PREP + COOK TIME** 25 MINUTES  
(+ COOLING) **SERVES** 4

600g lamb leg steaks, fat trimmed  
1½ tbsp cumin seeds  
olive oil spray  
1 medium lemon (140g), cut into wedges

### QUINOA TABBOULEH

¾ cup (150g) white quinoa, rinsed well  
1½ cups flat-leaf parsley leaves, chopped finely  
200g cherry tomatoes, quartered  
4 green onions, white part chopped finely, green tops shredded  
2½ tbsp extra virgin olive oil  
¼ cup (60ml) lemon juice  
1 clove garlic, crushed

**1 Make quinoa tabbouleh:**  
Place quinoa and 1½

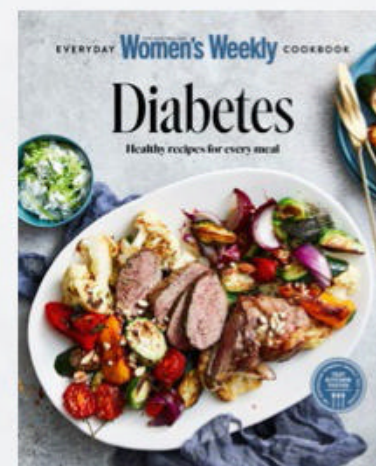
cups (375ml) water in a medium saucepan; bring to the boil. Reduce heat to low; cook for 10 minutes. Stand, covered, for 5 minutes. Fluff with a fork; transfer to a large bowl to cool. Add parsley, tomato, white part of green onion, and combined oil, lemon juice and garlic to cooled quinoa; toss to combine.

**2** Heat a large non-stick frying pan over high heat. Coat lamb with cumin seeds; spray lightly with oil. Cook lamb for 2 minutes each side for medium or until cooked to your liking. Cover loosely with foil; rest for 5 minutes.

**3** Thickly slice lamb on the diagonal. Serve lamb with tabbouleh and lemon wedges; sprinkle with shredded green onion tops.

## NUTRITIONAL INFO

**PER SERVING** 1812kJ (433 cal), **protein** 31.8g, **total fat** 21.2g (3.9g saturated fat), **carbs** 25g, **fibre** 5.9g, **sodium** 106mg



*Diabetes* by The Australian Women's Weekly. Published by Are Media, RRP \$14.99. Available in store and at [www.magshop.com.au](http://www.magshop.com.au)



# FRESH TAKE

Make the most of spring lamb with this

30-minute meal





# 5 ways *with* **TAHINI**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

This Middle Eastern condiment has a rich, nutty flavour, and is made by grinding hulled, toasted sesame seeds into a smooth paste. It is commonly used in dips and sauces like hummus and baba ghanoush.



Roast spiced pumpkin salad with tahini dressing *Recipe, page 70*





## 5 ways

GF

### ROAST SPICED PUMPKIN SALAD WITH TAHINI DRESSING

**PREP** 10 MINS **COOK** 40 MINS  
**SERVES** 4 (AS A MAIN)

320g peeled and seeded finely chopped pumpkin  
3 red onions, cut into wedges  
1½ tbsp olive oil  
2 tsp smoked paprika  
1 tsp cumin seeds  
2 tbsp chopped thyme  
120g (⅔ cup) quinoa  
50g (½ cup) trimmed and chopped kale  
2 tbsp pumpkin seeds  
2 tbsp tahini  
2 tbsp apple cider vinegar  
1 clove garlic, finely grated  
2 tbsp water  
2 x 425g cans no-added-salt lentils or borlotti beans, rinsed and drained  
50g pomegranate seeds or 2 tbsp reduced-sugar dried cranberries  
60g rocket leaves

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Place the pumpkin and onions onto the lined tray. Drizzle over 1 teaspoon of the

oil. Toss to combine. Spread out and sprinkle with the paprika, cumin and thyme. Roast for 30 minutes.

2 Meanwhile, cook the quinoa following packet instructions, then drain well (or the base of the salad will be too wet).

3 Add the kale to the tray of vegetables and sprinkle over the pumpkin seeds. Return to the oven for 10 minutes.

4 To make the dressing, put the tahini, vinegar, garlic, water and remaining oil in a small bowl. Whisk to combine.

5 Put the quinoa in a bowl. Add the lentils and toss to combine. Divide the quinoa mixture between serving bowls. Divide the vegetables on top. Drizzle the dressing over. Scatter over the pomegranate seeds and top with the rocket.

#### NUTRITIONAL INFO

**PER SERVE** 2130kJ (510Cal), **protein** 24g, **total fat** 20g (sat. fat 3g), **carbs** 53g, **fibre** 18g, **sodium** 56mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

GFO

### ZUCCHINI & TAHINI DIP

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 2 (AS A SNACK)

2 large zucchini  
1 small clove garlic, crushed  
1 tbsp tahini  
Juice of ½ lemon  
Freshly ground black pepper  
1 tbsp reduced-fat Greek natural yoghurt  
Handful of mint, leaves picked and chopped  
½ tsp olive oil, to serve

1 Preheat oven to 200°C (fan-forced). Wrap the whole zucchini in foil, place on a tray and roast for 20 minutes or until soft when pricked with a fork. Remove from the oven and set aside to cool completely.

2 Put the zucchini in a small food processor with the garlic. Cover and blend until it has a fluffy texture. Add the tahini and lemon juice. Season with pepper and then blitz again. Transfer to a bowl, then stir through the yoghurt and a little of the mint. Drizzle with olive oil and scatter over the remaining mint to serve.

#### NUTRITIONAL INFO

**PER SERVE** 864kJ (207Cal), **protein** 7g, **total fat** 12g (sat. fat 2g), **carbs** 14g, **fibre** 7g, **sodium** 24mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free option**

#### COOK'S TIP

Serve this thick, moreish dip of roasted zucchini and Greek yoghurt with your favourite veggie sticks or pita chips (see opposite).





Zucchini & tahini dip Recipe, opposite



The image features two bowls of banana and tahini porridge. The bowls are made of a light-colored material with a dark brown rim. They are filled with a thick, light-colored porridge. On top of the porridge, there are several slices of banana arranged in a fan shape, and a generous sprinkling of golden-brown toasted sesame seeds. The bowls are set against a solid yellow background. In the top left corner of the page, there is a small inset image showing a whole green lime, a lime wedge, and some green leaves on a grey textured surface.

*This unusual porridge combines the flavours of banana, tahini and cardamom. Aside from being a delicious, warming brekkie, tahini and oats are both heart-healthy foods.*

*Banana & tahini porridge Recipe, page 74*



5 ways



Veggie tahini lentils Recipe, page 74





## BANANA & TAHINI PORRIDGE

**PREP** 5 MINS **COOK** 5 MINS  
**SERVES** 2 (AS A BREAKFAST)

1 tbsp tahini  
150ml skim milk of your choice, plus 1 tbsp skim milk, extra  
300ml water, plus 1 tbsp water, extra  
100g rolled oats  
2 small bananas, sliced  
Seeds from 2 cardamom pods, crushed  
1 tbsp toasted sesame seeds

**1** Mix the tahini, 1 tbsp milk and 1 tbsp water in a small bowl. Put the oats, 1 sliced banana, cardamom, 100ml milk and 300ml water in a saucepan. Cook over medium heat, stirring, for 5 minutes, or until creamy and hot.

**2** Divide the porridge between two bowls. Pour over the remaining milk, then top with the remaining sliced banana. Drizzle over the tahini mixture and sprinkle over the toasted sesame seeds.

### NUTRITIONAL INFO

**PER SERVE** 1560kJ (373Cal), **protein** 13g, **total fat** 14g (sat. fat 2g), **carbs** 45g, **fibre** 8g, **sodium** 49mg  
• **Carb exchanges** 3 • **GI estimate** low

GF

## VEGIE TAHINI LENTILS

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 6 (AS A SIDE)

50g tahini  
Zest and juice 1 lemon  
50ml cold water  
Freshly ground black pepper  
2 tbsp olive oil  
1 red onion, thinly sliced  
1 clove garlic, crushed  
1 yellow capsicum, thinly sliced  
200g green beans, trimmed and halved  
1 zucchini, sliced into half moons  
100g shredded kale  
125g dried puy lentils, cooked following packet directions, cooled

**1** Combine the tahini, lemon zest and juice and water to make a runny dressing. Season with pepper. Set aside.

**2** Heat the oil in a wok or large non-stick frying pan over medium-high heat. Add the onion and stir-fry for 2 minutes or until starting to soften and colour. Add the garlic, capsicum, green beans and zucchini. Stir-fry for 5 minutes.

**3** Add the kale, lentils and the tahini dressing to the wok. Cook, tossing, for 2 minutes or until the kale wilts and is coated in the dressing.

### NUTRITIONAL INFO

**PER SERVE** 928kJ (222Cal), **protein** 9g, **total fat** 12g (sat. fat 2g), **carbs** 16g, **fibre** 7g, **sodium** 18mg  
• **Carb exchanges** 1 • **GI estimate** low • **Gluten free**



GF LC

**ROASTED CAULI-BROC BOWL WITH TAHINI HUMMUS****PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A LUNCH)

400g cauliflower & broccoli florets  
2 tbsp olive oil  
90g (½ cup) quinoa, cooked following packet directions  
2 cooked beetroots, sliced  
30g baby spinach leaves  
10 walnuts, toasted and chopped  
2 tbsp tahini  
3 tbsp hummus  
1 lemon, ½ juiced, ½ cut into wedges  
1 tbsp water

**1** Preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper. Put the cauliflower and broccoli in the tin with the oil. Toss to combine. Roast for 25-30 minutes or until browned and cooked. Set aside to cool completely.

**2** Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and

walnuts. Combine the tahini, hummus, lemon juice and water in a small bowl.

**3** To serve, the dressing over the salad. Serve with the lemon wedges.

**NUTRITIONAL INFO**

**PER SERVE** 1420kJ (340Cal), **protein** 10g, **total fat** 22g (sat. fat 3g), **carbs** 20g, **fibre** 9g, **sodium** 139mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**





HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

# BOOST *your* breakfast



*Blueberry baked oats Recipe, page 80*







### COOK'S TIP

To defrost the blueberries, place on a large plate lined with paper towel. Cover with extra paper towel. Set aside to defrost.



There are always arguments for and against eating breakfast, with many people choosing to skip it for various reasons. But the benefits cannot be ignored, which include maintaining energy levels and stabilising BGLs. Try these flavoursome meals to help kick start your day!





**Mushroom hash with  
poached eggs**  
*Recipe, page 80*





**Cardamom & peach  
quinoa porridge**  
*Recipe, page 80*



## breakfast

### BLUEBERRY BAKED OATS

**PREP** 10 MINS **COOK** 35 MINS  
**SERVES** 6 (AS A BREAKFAST)

500ml (2 cups) almond milk  
180g (2 cups) rolled oats  
2 tbsp almond spread  
1 tsp baking powder  
1 x 60g egg, whisked  
1 small ripe banana, mashed  
½ tsp almond extract or 1 tsp vanilla extract (optional)  
450g fresh or defrosted frozen blueberries, plus 50g extra, to serve (see Cook's Tip, page 77)  
30g whole, skin-on almonds, roughly chopped  
2 tbsp fat-free Greek yoghurt and ½ tsp honey, per serve

**1** Preheat oven to 180°C (fan-forced). Put the almond milk, oats, almond spread, baking powder, egg, banana, almond extract, blueberries and almonds in a large bowl. Mix well to combine.

**2** Tip the mixture into a 2-litre (8-cup) ovenproof dish. Bake for 30-35 minutes or until piping hot in the middle. Serve warm with the yoghurt, honey and extra blueberries, if you like.

#### NUTRITIONAL INFO

**PER SERVE** 1340kJ (321Cal), **protein** 12g, **total fat** 13g (sat. fat 2g), **carbs** 36g, **fibre** 8g, **sodium** 189mg • **Carb exchanges** 2½ • **GI estimate** low

GF LC

### MUSHROOM HASH WITH POACHED EGGS

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A BREAKFAST)

1½ tbsp avocado or olive oil  
2 large brown onions, halved and sliced  
500g mushroom caps, quartered  
1 tbsp thyme leaves, plus extra for sprinkling

500g tomatoes, chopped  
1 tsp smoked paprika  
4 tsp mixed seeds  
4 x 60g eggs  
Freshly ground black pepper

**1** Heat the oil in a large non-stick frying pan over medium heat. Add onion and cook, stirring occasionally, for 5 minutes or until starting to soften. Cover the pan and reduce heat to low. Cook for a further 5 minutes to allow the onions to cook in their own steam.

**2** Add mushrooms and thyme to the pan. Cook, stirring frequently, for 5 minutes or until mushrooms soften. Add tomatoes and paprika. Cover and cook for 5 minutes or until pulpy. Stir through the seed mix.

**3** Fill a large saucepan 5cm-deep with water and bring to the boil over high heat. Reduce heat to low (so there are a few small bubbles breaking on the surface. Add 1-2 teaspoons white vinegar. Break 1 egg into a cup. Use a spoon to swirl the water in the pan, creating a vortex, then carefully slide the egg into the water. Poach for 2 minutes for a runny yolk, 3 minutes for a soft yolk and 4 minutes for a firm yolk. Use a slotted spoon to transfer the egg to a plate lined with paper towel. Repeat with the remaining eggs.

**4** Divide the hash between serving plates. Sprinkle with thyme and pepper. Place eggs on top and serve.

#### NUTRITIONAL INFO

**PER SERVE** 999kJ (239Cal), **protein**

13g, **total fat** 14g (sat. fat 3g), **carbs** 10g, **fibre** 7g, **sodium** 115mg  
• **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

### CARDAMOM & PEACH QUINOA PORRIDGE

**PREP** 5 MINS **COOK** 25 MINS  
**SERVES** 2 (AS A BREAKFAST)

75g quinoa  
25g (¼ cup) rolled oats  
4 cardamom pods  
250ml (1 cup) water  
250ml (1 cup) unsweetened almond milk  
2 ripe peaches, cut into slices or 14 slices peaches in natural juice, drained  
1 tsp sugar-free maple syrup

**1** Put the quinoa, oats, cardamom pods, water and 100ml almond milk in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer gently, stirring occasionally, for 15 minutes.

**2** Add the remaining almond milk to the pan and simmer for a further 5 minutes or until creamy. Remove the cardamom pods.

**3** Spoon the porridge into bowls or small heatproof jars. Top with the peaches and maple syrup. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 1230kJ (295Cal), **protein** 8g, **total fat** 7g (sat. fat 1g), **carbs** 44g, **fibre** 9g, **sodium** 87mg  
• **Carb exchanges** 3 • **GI estimate** low





**GFO** **LC**

## MICROWAVE SHAKSHUKA

**PREP** 5 MINS **COOK** 5 MINS

**SERVES** 1 (AS A BREAKFAST)

1 tbsp olive oil  
200ml passata or canned tomatoes,  
whizzed to a puree  
1 clove garlic, finely sliced  
1 heaped tbsp red pepper salsa  
or ¼-½ red capsicum, chopped  
Freshly ground black pepper  
1 x 60g egg  
1 tbsp chopped coriander and pita bread  
or gluten-free pita bread, to serve

**1** Brush a microwave bowl or dish with a little of the oil. Stir the passata, garlic and salsa together and season with pepper. Tip into the bowl and make a dip in the centre. Break in the egg, then prick the yolk with the tip of a sharp knife.

**2** Cover the bowl with its lid or plastic wrap. Microwave on High/100% for 1 minute, and then in 20 second bursts until the white is set.

**3** Scatter the coriander over the egg and serve with the warmed pita.

### NUTRITIONAL INFO

**PER SERVE** 1380kJ (330Cal), **protein** 13g, **total fat** 24g (sat. fat 4g), **carbs** 14g, **fibre** 6g, **sodium** 474mg • **Carb exchanges** 1

• **GI estimate** low • **Gluten-free option**

• **Lower carb**





Berry parfaits  
Recipe, page 84

*enjoy the*  
**afters**  
PARTY



Fruit and spice and all things nice!  
These desserts make a delicious after dinner treat, while clever swaps such as yoghurt instead of cream, mean that these sweet finishes are surprisingly low-cal.



**Baked apples with  
crunchy tops**  
*Recipe, page 86*



**GFO****BERRY PARFAITS****PREP** 25 MINS (+ FREEZING) **COOK** 5 MINS**SERVES** 4 (AS A DESSERT)

300g frozen berries, defrosted  
 2 tbsp icing sugar or gluten-free icing sugar  
 300g reduced-fat Greek natural yoghurt  
 1 ripe banana, peeled and mashed

**1** Double-line four x 125ml (½ cup) mini pudding moulds or ramekins with baking paper. Put 200g of the berries in a small saucepan with the icing sugar. Heat gently over medium heat until they start to look juicy.

**2** Transfer half the softened berries to a small food processor and process to a purée. Push through a sieve to remove any pips.

**3** Mix the purée into the yoghurt along with the mashed banana. Fold in the remaining softened berries and spoon the mixture into the moulds. Place in the freezer overnight to freeze.

**4** To serve, remove the parfaits from the moulds and allow them to sit at room temperature until softened slightly. Serve with the reserved 100g berries.

**NUTRITIONAL INFO**

**PER SERVE** 569kJ (136Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 21g, **fibre** 4g, **sodium** 83mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

**COOK'S TIP**

The parfaits will keep frozen for up to three months.

**UPSIDE-DOWN LEMON CHEESECAKE****PREP** 20 MINS (+ 3-4 HOURS CHILLING)**SERVES** 10 (AS AN OCCASIONAL DESSERT)

500g quark or reduced-fat ricotta  
 200g light cream cheese  
 6 tbsp lemon curd, plus 1 tbsp extra, to serve  
 2 tbsp icing sugar  
 Zest and juice of 2 lemons  
 4 gelatine sheets or 2 tsp powdered gelatine (see Cook's tip)  
 12 amaretti biscuits, crushed

**1** Line the base and side of a 20cm springform tin with baking paper. Use electric beaters to whisk the quark, cream cheese, 6 tbsp lemon curd, sugar and lemon zest in a medium bowl until smooth.

**2** Soak the gelatine in cold water until soft, then lift out and put in a small saucepan with most of the lemon juice. Heat gently over low heat until the gelatine melts. Stir into the cheese mix and pour into the lined tin.

**3** Sprinkle the crushed amaretti biscuits over the top of the cheesecake mixture and press in gently. Place in the fridge for 3-4 hours or overnight until set.

**4** Run a knife around the edge to loosen then invert cheesecake onto a serving plate. Combine the extra lemon curd with any remaining lemon juice, to loosen. Spoon over the top to serve.

**NUTRITIONAL INFO**

**PER SERVE** 948kJ (227Cal), **protein** 11g, **total fat** 7g (sat. fat 4g), **carbs** 28g, **fibre** 1g, **sodium** 155mg • **Carb exchanges** 2 • **GI estimate** high





Upside-down lemon  
cheesecake

*Recipe, opposite page*



**COOK'S TIP**

If using powdered gelatine, simply put most of the lemon juice in the saucepan in step 2. Sprinkle over the powdered gelatine and set aside for a few minutes. Continue with step 2, heating gently over low heat until gelatine dissolves.



## BAKED APPLES WITH CRUNCHY TOPS

**PREP** 20 MINS **COOK** 30-40 MINS

**SERVES** 4 (AS A DESSERT)

4 red or green cooking apples  
(such as Fuji or Granny Smith)  
2 tbsp raisins or sultanas, soaked in  
2 tbsp fresh orange juice for 10 minutes  
2 tbsp rolled oats  
Pinch ground cinnamon  
2 tsp honey  
1 tsp light margarine  
4 tbsp diet vanilla yoghurt, to serve

**1** Preheat oven to 160°C (fan-forced). Line a small baking dish with baking paper.

**2** Core each apple and score a ring around the middle to stop them exploding. Put in the lined baking dish and divide the raisins or sultanas between the cavities. Toss the oats and cinnamon together in a bowl.

**3** Drizzle the honey over the tops of the apples, then sprinkle over the oat mixture – the honey should help it stick. Dot some margarine on the top of each apple and bake for 30-40 minutes or until soft all the way through. Serve with the yoghurt.

### NUTRITIONAL INFO

**PER SERVE** 645kJ (154Cal), **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 32g, **fibre** 5g, **sodium** 18mg •

**Carb exchanges** 2 • **GI estimate** low

## GINGERBREAD PUDDINGS

**PREP** 20 MINS **COOK** 20-25 MINS

**SERVES** 4 (AS AN OCCASIONAL DESSERT)

50g light margarine  
10g glacé ginger, finely chopped  
55g (¼ cup) brown sugar  
1 tsp ground ginger  
1 tsp grated ginger  
1 x 60g egg, lightly whisked  
100g (⅔ cup) self-raising flour  
Pinch baking powder  
2-3 tbsp warm water

**1** Preheat oven to 160°C (fan-forced). Brush a little of the margarine into four x 125ml (½ cup) mini pudding basins or moulds, and put the slices of the ginger in each. Put the basins in a roasting tin.

**2** Use electric beaters to beat the remaining margarine and sugar in a medium bowl until light and fluffy. Add the ground and grated gingers, the egg, flour and baking powder and enough water to make a spoonable batter. Divide the batter between the basins.

**3** Pour boiling water into the roasting tin so it comes halfway up the sides of the basins. Cover the tin with foil and bake for 20-25 minutes or until risen and cooked and a skewer inserted in the middle comes out clean. Set aside for 5 minutes before turning out.

### NUTRITIONAL INFO

**PER SERVE** 897kJ (215Cal), **protein** 5g, **total fat** 7g (sat. fat 3g), **carbs** 34g, **fibre** 1g, **sodium** 276mg •

**Carb exchanges** 2½ • **GI estimate** high







RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL IMAGES  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

**Gingerbread puddings**  
*Recipe, opposite page*



# COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## SAVE MONEY, **REDUCED WASTE**

Making the most of your freezer means you'll spend less as you can buy in bulk and tuck away leftovers for another day.

On the whole, simply freezing raw veg isn't that successful because the water in their cells expands and bursts the cell walls. Therefore, it's best to part-cook the veg, then refresh it quickly in iced water. Once you've done that, open-freeze the pieces in a single layer on a freezer-proof tray, then tip into a freezer bag when solid and they'll separate more easily when you come to use them. All frozen veg is best cooked from frozen rather than being thawed beforehand.



### **CARROTS, PARSNIPS, TURNIPS AND CELERIAC:**

Chop, slice or cut into batons, then cook until al dente. Mashed roots freeze well if mixed in with potato.



### **BROCCOLI, CABBAGE, BEANS, LEEKS, ZUCCHINI AND ASPARAGUS:**

Cut into useable portions, then blanch for a few minutes. Beans can be frozen without blanching first but need to be used within 6 weeks.



**POTATOES:** Chop, slice, chip or chunk them, then part-cook until al dente. If using them for roasties, toss them in oil and spices before freezing, then roast from frozen. Mashed potatoes freeze well, too.



**ONIONS:** Chop or slice and use the single layer method to freeze the raw pieces until solid, then tip into a freezer bag. You can also fry onions, then cool and freeze in batches if you like.



## QUICK & EASY SPRING SNACKS

GF LC

### EGG, SPINACH & SALMON ROLL

Whisk 1 x 60g egg and 1 tbsp skim milk. Season with pepper and a pinch of smoked paprika. Spray a small non-stick frying pan with cooking spray. Pour the egg into the pan and swirl to coat the base. Cook for 1-2 minutes or until the egg is set. Slide onto a serving plate. Top with 30g sliced salt-reduced smoked salmon, 1/3 cup baby spinach leaves and 1/4 small sliced avocado. Roll up.

**Serves 1.**

**PER SERVE** 757kJ (181Cal), **protein** 16g, **total fat** 12g (sat. fat 3g), **carbs** 1g, **fibre** 2g, **sodium** 214mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF

### FRUIT & NUT POPCORN MIX

Mix 1/2 cup popped corn (pop your own using corn kernels in microwave or use purchased no-added-salt popped corn) with 1 tbsp unsalted walnuts or pistachio nuts and 1 tbsp reduced-sugar dried raisins. **Serves 1.**

**PER SERVE** 575kJ (138Cal), **protein** 2g, **total fat** 8g (sat. fat 1g), **carbs** 12g, **fibre** 5g, **sodium** 1mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GFO LC

### CUCUMBER & DILL RYE CRACKERS

Mix 2 tbsp light cream cheese with 1 tbsp chopped dill and 1/2 tsp finely grated lemon zest. Season with pepper. Spread over 2 rye crackers or gluten-free crackers. Top with thin slices of cucumber and a few extra sprigs dill.

**Serves 1.**

**PER SERVE** 625kJ (150Cal), **protein** 5g, **total fat** 10g (sat. fat 7g), **carbs** 8g, **fibre** 2g, **sodium** 192mg • **Carb exchanges** 1/2 • **GI estimate** medium • **Gluten-free option** • **Lower carb**



### SECOND DESSERT

GF

Spread 1 defrosted Nanna's Gluten Free Crepe with 2 tbsp smooth light ricotta, mixed with 2 tsp (5g) grated dark chocolate. Top with 1/2 sliced banana. Roll up and enjoy!

**Serves 1.**

**PER SERVE** 675kJ (161Cal), **protein** 5g, **total fat** 7g (sat. fat 4g), **carbs** 18g, **fibre** 1g, **sodium** 124mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

### SUPERMARKET CRUSH

#### Tasti Fruit & Vege Wholefood Balls

Unlike other snacking balls, Tasti's Fruit + Vege Wholefood Balls consist of an apple puree base rather than dates, and are complemented by fruit, sunflower seed butter, coconut and freeze-dried vegetables. Each flavour combination is vegan-friendly and has only five ingredients with no preservatives or added sugars.

Flavours include Banana & Spinach, Mango & Carrot and Strawberry & Beetroot.

**RRP \$6.75. Available from Woolworths.**



### SALAD LEAVES AND CUCUMBER:

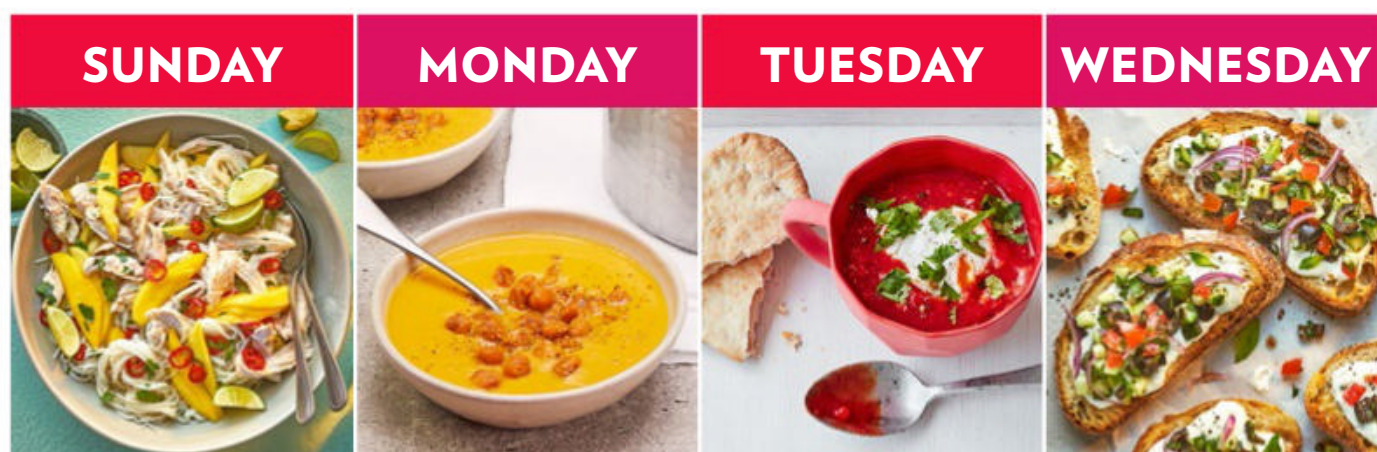
These simply don't freeze well due to their high water content.





# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                         | SUNDAY                                                                                 | MONDAY                                      | TUESDAY                                             | WEDNESDAY                                          |
|-------------------------|----------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------|----------------------------------------------------|
| <b>H<sub>2</sub>O</b>   | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                             |                                                     |                                                    |
| <b>Breakfast</b>        | Blueberry baked oats (p 80)                                                            | Coconut quinoa & chia pudding (p 36)        | Microwave shakshuka (p 81) <i>pictured</i>          | Banana & tahini porridge (p 74)                    |
| <b>Optional snack</b>   | 1 piece of fresh fruit                                                                 | 30g unsalted mixed nuts                     | 1 piece of fresh fruit                              | 2 Vita-Weets with 20g reduced-fat cheese           |
| <b>Lunch</b>            | Chicken & mango noodle salad (p 64) <i>pictured</i>                                    | Lentil & tuna salad (p 66)                  | Smoked salmon grain bowl with dill yoghurt (p 64)   | Open Greek-style sandwiches (p 66) <i>pictured</i> |
| <b>Optional snack</b>   | Zucchini & tahini dip (p 70)                                                           | 1 cup fresh fruit salad                     | Fruit & nut popcorn mix (p 89)                      | 1 cup fresh fruit salad                            |
| <b>Dinner</b>           | Grilled salmon tacos with avocado salsa (p 50)                                         | Carrot & tahini soup (p 18) <i>pictured</i> | Spicy chorizo & harissa barley risotto (p 15)       | Beef & Sichuan capsicum stir-fry (p 16)            |
| <b>Alcohol</b>          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                             |                                                     |                                                    |
| <b>Optional dessert</b> | 60 second dessert (p 89)                                                               | Berry parfaits (p 84)                       | ½ cup mixed berries with ¾ cup diet vanilla yoghurt | 1 cup skim milk with 1 tsp 30% less sugar Milo     |
| <b>Exercise</b>         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                             |                                                     |                                                    |



# it's easy!

| THURSDAY                                                                          | FRIDAY                                                                            | SATURDAY                                                                           |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|  |  |  |
| depending on your exercise levels.                                                |                                                                                   |                                                                                    |
| Cardamom & peach quinoa porridge (p 80)                                           | Coconut quinoa & chia pudding (p 36)                                              | Mushroom hash with poached eggs (p 80)                                             |
| 1 piece of fresh fruit                                                            | 20g cheese stick and 1 tbsp sultanas                                              | 1 piece of fresh fruit                                                             |
| Tuna & corn cakes (p 54)                                                          | Roasted cauli-broc bowl with tahini hummus (p 75)                                 | Quinoa super-green salad (p 36) <i>pictured</i>                                    |
| 170g tub Chobani yoghurt                                                          | 30g unsalted mixed nuts                                                           | Cucumber & dill rye crackers (p 89)                                                |
| Stuffed capsicum bake (p 17)                                                      | Sriracha & lime prawn linguine (p 18) <i>pictured</i>                             | Slow-cooked pork, cider & sage hotpot (p 38)                                       |
| have a couple of alcohol-free days a week.                                        |                                                                                   |                                                                                    |
| Berry parfaits (p 84) <i>pictured</i>                                             | 1 cup fresh fruit salad                                                           | 1 cup fresh fruit salad                                                            |
| Always discuss your exercise plans with your doctor first.                        |                                                                                   |                                                                                    |



## THE DYNAMIC DUO

Did you know that teaming up protein with carbohydrates can help manage your blood glucose levels (BGLs)?

As you know, carbohydrate foods include both starch and sugar foods and are our main source of fuel for the body. Healthy carbohydrates that should be eaten regularly include wholegrain bread, rice, pasta and breakfast cereals, potato, fruit and dairy products.

Unhealthy carbohydrate foods that need to be limited tend to be those that are highly processed and high in added sugars and fats, such as biscuits, cakes, pastries, chocolate, ice cream, soft drinks and confectionery.

When you consume carbohydrates on their own, they break down quickly into glucose and can cause a rapid spike in your blood glucose levels, often followed by a sharp decline, leaving you feeling hungry soon after you have eaten. By teaming carbohydrate foods up with a healthy protein source, such as fish, meat, chicken, eggs, tofu, cheese or nuts, the protein in these foods will naturally slow down the digestion process, resulting in a slow release of glucose into your blood stream over a longer period of time, which helps to avoid BGL spikes and also keeps you feeling fuller for longer.



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## NUTRITIONAL INFO

**PER SERVE** 1070kJ (256Cal),  
**protein** 18g, **total fat** 6g (sat. fat 1g), **carbs** 32g, **fibre** 3g,  
**sodium** 362mg • **Carb exchanges** 2  
• **GI estimate** low  
• **Gluten free**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

Chicken & mango  
noodle salad  
Recipe, page 64



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide,  
you can create  
the perfect eating  
plan for your  
needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“You can cut all the  
flowers, but you  
cannot keep spring  
from coming”*

*Pablo Neruda*

PHOTOGRAPHY GETTY IMAGES



A close-up, first-person perspective shot of a person's feet and lower legs submerged in shallow, clear ocean water. The water is a vibrant turquoise color with gentle ripples and small waves lapping at the ankles. The person's skin is tanned and appears wet. The text 'Happy feet' is overlaid on the upper half of the image. 'Happy' is in a bold, yellow, sans-serif font, while 'feet' is in a large, white, serif font with a thin blue outline.

# Happy feet



# GOOD HEALTH STARTS FROM THE BOTTOM UP

Considering what they do for us, looking after our feet is something everyone should prioritise. This is even more important when you have diabetes. *DL* magazine Credentialed Diabetes Educator, Dr Kate Marsh, explains exactly what it means to care for your feet, why it's so important, and provides practical tips to keep your feet happy and healthy.





## foot care

### Why looking after your feet is important when you have diabetes

Over time, diabetes can affect different parts of the body, including the feet. This can increase the risk of foot ulcers and amputations. According to Diabetes Australia, there are more than 27,600 hospital admissions for diabetes-related foot ulcers and more than 4400 amputations every year in Australia because of diabetes.

#### DIABETES CAN AFFECT THE FEET BY:

- ▶ Causing damage to the nerves in your feet, which can lead to loss of sensation and make it more difficult to notice any injuries to your feet.
- ▶ Affecting the blood flow to your feet, which can make it harder for wounds to heal.
- ▶ Increasing the risk of infections.

These complications are more likely if you have had diabetes for a long time, if your blood glucose levels have been high for an extended period, if you smoke, or if you are inactive. Your risk is higher if you have both loss of sensation and

reduced blood flow.

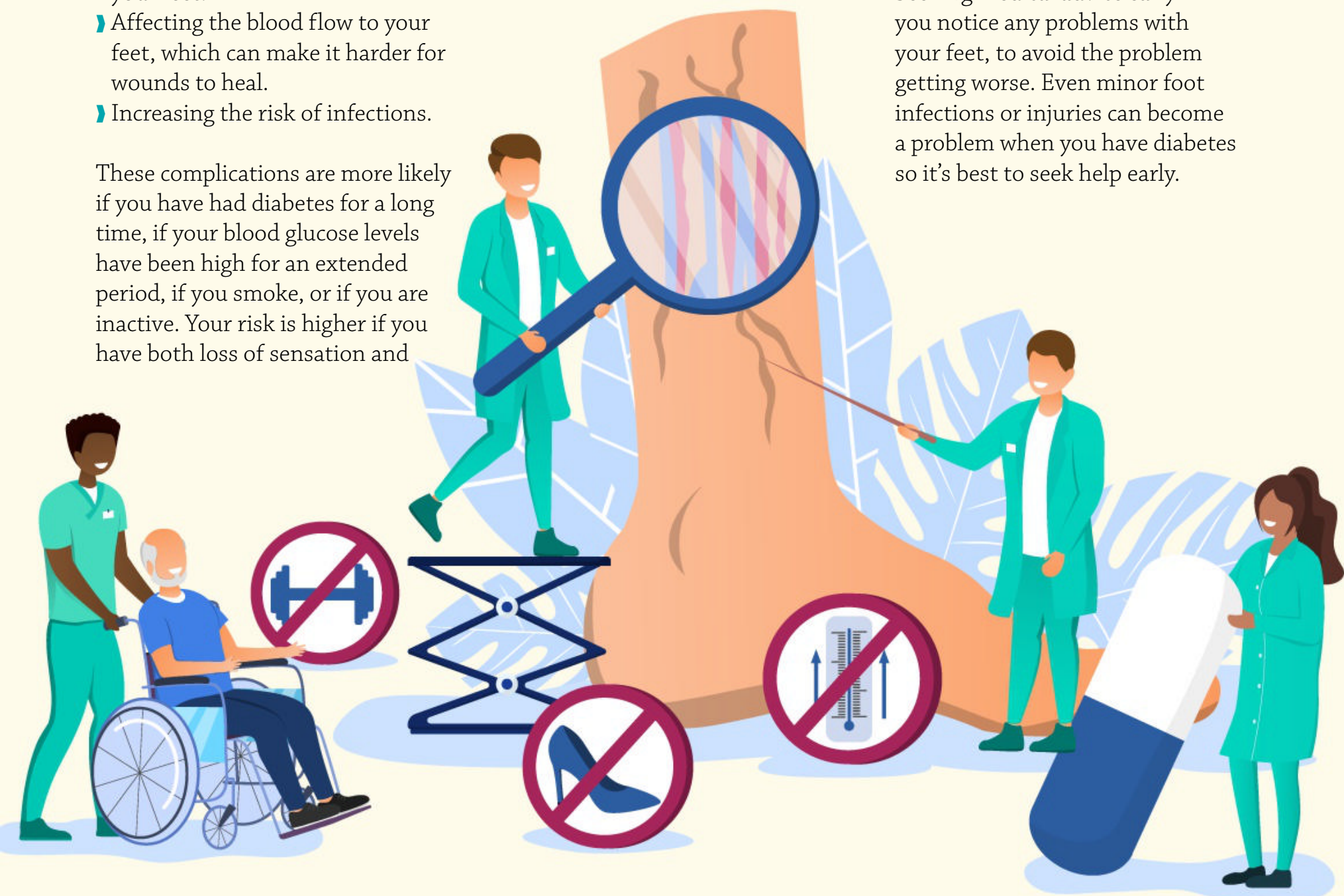
The good news is that there are many things you can do to keep your feet healthy and reduce the chances of developing complications. In fact, Diabetes Australia estimates that 85% of diabetes-related amputations are preventable if wounds are detected early and managed in the right way.

### How to look after your feet when you have diabetes

Looking after your feet means taking steps to reduce the risk of developing foot problems, detecting problems early if they arise, and treating them quickly.

#### YOU CAN DO THIS BY:

- Having a daily self-care routine for your feet – see the self-care tips, right.
- Having your feet checked regularly (at least annually) by your doctor, credentialed diabetes educator or podiatrist.
- Seeing a podiatrist regularly (at least every 3-6 months) if your feet are found to be at high risk (for example, if you have had an ulcer or amputation in the past or have poor feeling or blood flow to your feet). You can find a podiatrist in your area by visiting the Australian Podiatry Association website or asking your doctor for a recommendation.
- Seeking medical advice early if you notice any problems with your feet, to avoid the problem getting worse. Even minor foot infections or injuries can become a problem when you have diabetes so it's best to seek help early.





A photograph of a person's legs from the knees down, wearing teal-colored sneakers with white soles. They are running on a wooden boardwalk. The person has a small tattoo on their left ankle. The background is a blurred outdoor setting with greenery and a blue sky.

## CHECK YOUR RISK

Want to know more about the health of your feet? Complete the short quiz at [footforward.org.au/foot-health-check/](https://footforward.org.au/foot-health-check/) to get a better understanding of your foot health.

### Self-care tips for looking after your feet

- **CHECK YOUR FEET DAILY.** Look for any signs of redness, swelling, cuts, splinters, blisters, cracked or broken skin, corns, calluses or ingrown toenails. Make sure you check between your toes, around the edges of your nails, your heels and the soles of your feet. If you can't see your feet, get someone else to check for you or use a mirror. Good times to do this are before your shower or before bed. Also be aware of any noticeable changes to the temperature of your feet, and feeling in your feet including numbness, tingling and loss of sensation.
- **KEEP YOUR FEET CLEAN.** Wash your feet daily in warm (not hot) water and dry them well, including between the toes.
- **MOISTURISE REGULARLY.** Moisturising helps to avoid dry skin which can lead to cracks and infection. But avoid using moisturiser between the toes as this can increase the risk of fungal infections. If you have dry and cracked skin, consider a special foot care cream designed to treat these problems.
- **CUT NAILS CAREFULLY.** Cut toenails straight across and not into the corners of your toe then gently file any sharp edges. Avoid cutting them too short as this can lead to ingrown toenails. If you can't reach or see your feet well, then get someone else to do this for you.
- **AVOID HOME TREATMENTS.** Don't treat corns or calluses yourself, including with over-the-counter products. To avoid the





risk of infection or ulcers, see your doctor or podiatrist for treatment.

■ **CHOOSE THE RIGHT FOOTWEAR.** Shoes need to fit well to protect the feet and avoid excess pressure and rubbing. Your podiatrist can advise on choosing the best shoe to meet your needs. This might include special footwear and insoles if you have high risk feet.



- **WEAR DIABETES-FRIENDLY SOCKS.** Look for socks with flat seams, no elastic tops, extra cushioning and moisture wicking fibres to keep feet cool and dry.
- **CHECK YOUR SHOES.** Before putting on your shoes each day, shake them out and feel inside to ensure there are no stones, pins or other foreign objects that could damage your feet.
- **PROTECT YOUR FEET FROM HEAT AND COLD.** Avoid hot or very cold water, sunburn, and always wear shoes when going out in the cold or walking on hot surfaces. If your feet are cold, pull on some warm socks but avoid putting your feet close to heaters, hot water bottles or electric blankets.
- **AVOID GOING BAREFOOT.** This can increase the risk of an injury and is particularly important if you have high risk feet. It is best to always wear shoes, even around the house.
- **DON'T SMOKE.** Smoking can cause reduced blood flow to your feet which slows down healing from infections. If you need help to quit smoking, speak to your doctor, visit the Quitline or call them on 13 78 48.
- **KEEP YOUR BLOOD GLUCOSE LEVELS IN TARGET.** When blood glucose levels are high for long periods of time this can increase the risk of diabetes-related complications. Work with your diabetes team to manage your blood glucose levels and keep them within your target range.
- **MOVE MORE.** Being active helps blood flow to your feet and can also help to manage blood glucose levels. Build in some regular exercise and try to break up sitting time regularly.

Diabetes can lead to serious foot complications, but by following the steps above you can greatly reduce this risk. Make caring for your feet a daily habit, get your feet checked by a health professional regularly and seek help early if you detect problems. Your feet will thank you for it!

### FREE FOOT CARE CHECKLIST

To help you care for your feet, Diabetes Feet Australia have developed a free Daily Foot Care Checklist. You can download a copy from [diabetesfeetaustralia.org/for-patients/](https://diabetesfeetaustralia.org/for-patients/)

## UNDERSTAND YOUR RISK

| LEVEL OF RISK | DESCRIPTION                                                                                                                                  | FOOT CHECK RECOMMENDATIONS |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Very low risk | No risk factors for foot disease (you have good feeling in your feet, good blood flow to your feet and no changes to the shape of your feet) | Every 12 months            |
| Low risk      | One risk factor for foot disease (either loss of sensation or changes in feeling or blood flow in your feet)                                 | Every 6-12 months          |
| Moderate risk | Two risk factors for foot disease including changes in the shape of your feet                                                                | Every 3-6 months           |
| High risk     | Two or more risk factors which could include a previous foot ulcer or amputation                                                             | Every 1-3 months           |





# BGL HACKS

from the *Glucose Goddess*

In her new book, *The Glucose Goddess Method*, biochemist Jessie Inchauspé outlines a a four-week, step-by-step plan to integrate glucose-managing hacks into your everyday life. It comes complete with 100+ delicious, easy recipes, an interactive workbook and lots of tips and advice from the Glucose Goddess community on how to stay on track.



**G**lucose is so central to our body's functioning that an excess of it has repercussions for virtually every aspect of our physical and mental health. You may recognise a few of these in your own life.

## CONSTANT HUNGER

Are you hungry all the time? You are not alone. And here again, it has to do with glucose. First, the short-term impact: if you compare two meals that contain the same number of calories, the one that leads to a smaller glucose spike will keep you feeling full for longer. So even if you don't change how many calories you eat, just focusing on your glucose levels will free you from constant hunger. Second, the long-term effects: after years of glucose spikes, our hunger hormones get mixed up. Leptin, the hormone that tells us we are full and should stop eating, has its signal blocked; while ghrelin, the hormone that tells us we are

hungry, takes over. Even though we have fat reserves, with lots of energy available, our body tells us we need more – so we eat. As we eat, we experience more glucose spikes, and insulin rushes in to store excess glucose as fat, which then increases the action of ghrelin. It's an unfortunate, vicious and unfair cycle. The more weight we put on, the hungrier we get. The answer is not to try to eat less; it is to decrease our insulin levels by flattening our glucose curves – and, spoiler alert, this often actually means eating more food, as you'll see in our Breakfast and Veggie Starter weeks.

## CRAVINGS

In 2011, a research team from Yale University changed our understanding of cravings. They placed people in an fMRI scanner, showed them photos of crave-worthy foods on a screen and at the same time monitored their glucose levels. What the researchers discovered was fascinating. When the subjects' glucose levels were stable, everything looked normal. However, when their glucose levels were low, the craving centre of their brains lit up and they rated the foods they were seeing much higher on the 'I want to eat it' scale. This is what can happen during the crash after a glucose spike; we crave foods that we otherwise wouldn't care about.





## MENTAL HEALTH

Your brain doesn't have sensory nerves, so when something is wrong, it can't alert you with pain as other organs do. Instead, you feel mental disturbances – such as anxiety and poor mood. When people eat a diet that leads to erratic glucose levels, they report more depressive symptoms compared to those on a diet that leads to steadier glucose levels. And the symptoms get worse as the spikes get more extreme, so any effort to flatten the curve, even moderately, could help you feel better.

## GUT HEALTH

The gut is where our food is processed. It's no surprise, therefore, that bowel distress – such as irritable bowel syndrome and slowed intestinal transit – is linked to diet. Remember how I said that glucose spikes increase inflammation throughout our organism? Well, inflammation is one of the things that can cause holes in the gut lining, which means that toxins that aren't supposed to get through do get through. This in turn can lead to gas and bloating, as well as drive food allergies and other autoimmune diseases, such as Crohn's disease and rheumatoid arthritis. Science is also showing us that when we eat in a way that causes many glucose spikes, the 'bad' bacteria in our gut thrive, and the 'good' bacteria decrease in number. This can cause a wide range of symptoms and general gut discomfort. If you're struggling with your gut health, it can be highly beneficial to flatten your glucose curves.



## MENOPAUSE

The changes caused by the dramatic drop in hormone levels in menopause can feel like an earthquake – everything is thrown off balance, and this process brings symptoms such as reduced libido, night sweats, insomnia and hot flushes. High or unstable glucose levels and high insulin levels make menopause feel worse. Research shows that hot flushes and night sweats, common symptoms of menopause, are more likely in women who have high glucose and high insulin levels. But there's hope: a 2020 study from Columbia University found that flattening glucose curves is associated with fewer menopause symptoms.





# FERTILITY, PCOS AND HORMONAL ISSUES

Whether it's PCOS (polycystic ovarian syndrome), fibroids, endometriosis, menopause symptoms, PMS symptoms, missed periods . . . they all have to do with our hormonal system not working as it should. And the first thing to do to help our hormones function properly is to make sure our glucose levels are balanced. PCOS in particular is becoming increasingly prevalent. In most cases, it is a disease caused by too much insulin. Why? Because insulin tells the ovaries to produce more testosterone (the male sex hormone). On top of that, with too much insulin, a natural conversion from male to female hormones that usually takes place is hampered – which leads to even more testosterone in the body. Because of the excess testosterone, females suffering from PCOS can display masculine traits: hair in places where they don't want hair (such as the chin), baldness, irregular or missed periods, or acne. Many females with PCOS also have a hard time losing weight – because where there is too much insulin, there is an inability to burn fat. The good news? In many cases, when insulin levels come back down, testosterone reduces, and PCOS symptoms go away.



## GESTATIONAL DIABETES

During every pregnancy, insulin levels increase in the body. This is because insulin is responsible for encouraging growth – growth of the baby and growth of the mother's breast tissue so she can prepare to breastfeed. But sometimes this extra insulin can lead to what's called gestational diabetes. By flattening their glucose curves, expectant mothers can reduce their likelihood of needing medication, prevent their baby from gaining excess weight in utero (which is good because it makes birth easier and is healthier for the baby), as well as limit their own weight gain during pregnancy and cut their risk of needing a

C-section. If you are expecting a baby, always check with your doctor that this Method is safe for you. And during Week 2 – vinegar week – make sure to look for pasteurised vinegar: most vinegars are pasteurised, but apple cider vinegar usually isn't. Sometimes, gestational diabetes actually points to the mother having had elevated glucose levels before pregnancy – which wasn't detected until the gestational diabetes test. This is why some mothers find their glucose levels are still elevated even after they give birth: in these cases, it's even more important to turn the glucose hacks into habits to solve the underlying issue.



By flattening their glucose curves, expectant mothers can reduce their likelihood of needing insulin...



## TYPE 1 DIABETES

Type 1 diabetes is an autoimmune condition in which affected people don't have the ability to make insulin – the cells in their pancreas that control its production don't work.

When people with type 1 diabetes experience a glucose spike, their body cannot stash excess glucose in the usual storage units because there's no insulin to help. As a result, they need to inject themselves with insulin many times a day to compensate. But large spikes and dips are a daily, and stressful, challenge. By flattening their glucose curves, people with type 1 diabetes can lessen that challenge. If

you have type 1 diabetes, it's important to speak to your doctor before you embark on this Method and to make sure your insulin dosage is adjusted if needed.

## INSULIN RESISTANCE, PRE-DIABETES AND TYPE 2 DIABETES

Type 2 diabetes is the most common form of diabetes, the root cause of which is insulin resistance (too much insulin circulating in the body for too long). Slowly but surely, over many years, every glucose spike we experience will contribute to increasing our insulin resistance and raising the overall baseline glucose level in our body. And if that baseline level gets too high, it leads to a diagnosis of first pre-diabetes and then type 2 diabetes. It makes sense, therefore, that a diet that reduces your intake of glucose and consequently

your production of insulin will help put type 2 diabetes into reverse. A 2021 review of 23 clinical trials made it clear that the most effective way to reverse type 2 diabetes is to flatten your glucose curves. This is more effective than low-calorie or low-fat diets, for example (even though they can also work). In 2019, the American Diabetes Association started endorsing glucose-flattening diets in the light of mounting compelling evidence that these improve type 2 diabetes outcomes. If you're looking to improve your type 2 diabetes, this Method will help you reduce your insulin levels, without giving up any of the foods you love. Let your doctor know before starting.



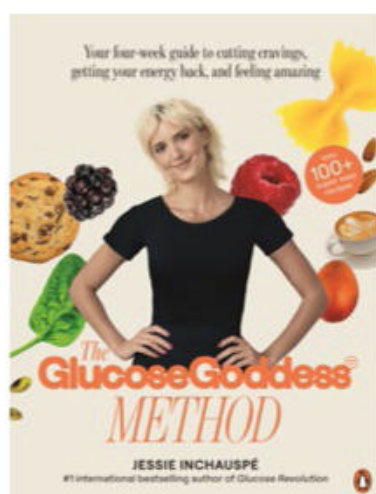


# ALZHEIMER'S & DEMENTIA

Of all the organs, the brain uses the most energy. It's home to a lot of mitochondria. This means that when there is excess glucose in our body, our brain is vulnerable to the consequences. Over time, the blood vessels in our brain also get damaged. Alzheimer's and glucose levels are so closely connected that Alzheimer's is sometimes called 'type 3 diabetes' or 'diabetes of the brain'. For example, people with type 2 diabetes are four times as likely to develop Alzheimer's as people without diabetes. And the signs are visible early: poorly controlled glucose in people with type 2 diabetes is associated with deficits in memory and learning. And new research shows that insulin resistance in mid-life (as early as 35 years old) is a predictor of cognitive decline in the future. Thus, keeping our baseline glucose low in early adulthood may lower our risk of developing Alzheimer's disease.

## AND A FEW MORE YOU MIGHT RECOGNISE

Mood; brain fog; cancer; acne, rosacea, skin conditions; wrinkles and ageing; weight gain; chronic fatigue; poor sleep



*The Glucose Goddess Method* by Jessie Inchauspé. Published by Penguin Life, RRP \$36.99.



## THE FOUR HACKS IN THIS METHOD

In *Glucose Revolution*, my first book, I shared a total of 10 science-backed hacks that help us curb glucose spikes (see list, below). For this four-week plan, I place the spotlight on the four hacks that are the most important to start with. Why are they the most important to start with? Because they are the ones that will have the most powerful impact on your glucose levels and your health. I will tell you about the others in the chapters to come, but these four are the fundamentals. They will instantly affect your glucose for the better – and all without asking you to change your food habits drastically, nor to count calories, nor to cut out anything from your life. They are the gentle giants that we all need in our back pockets, for ever, getting us to a thriving place with relatively little effort. Here are the 10 Glucose Goddess Hacks, as presented in my first book, *Glucose Revolution*. I have

highlighted in bold those we are focusing on in this Method.

- Eat foods in the right order (fibre, then proteins and fats, then starches and sugars)
- **Add a veggie starter to one meal a day**
- Stop counting calories
- **Have a savoury breakfast**
- Eat any type of sugar you like – they're all the same
- Pick dessert over a sweet snack
- **Have one tablespoon of vinegar a day before the meal that will be highest in glucose**
- **After you eat, move**
- If you have to snack, go savoury
- Put some 'clothes' on your carbs (avoid eating starchy or sweet foods on their own - 'clothe' them with protein, fat or fibre to slow down glucose absorption. For example, have Greek yoghurt with your brownie, or ham with your bread).



# INSULIN RESISTANCE

## *explained*



You have probably heard that insulin resistance is the underlying problem in type 2 diabetes. But do you really understand what insulin resistance is and how it relates to diabetes? DL Magazine dietitian and diabetes educator, Dr Kate Marsh explains.

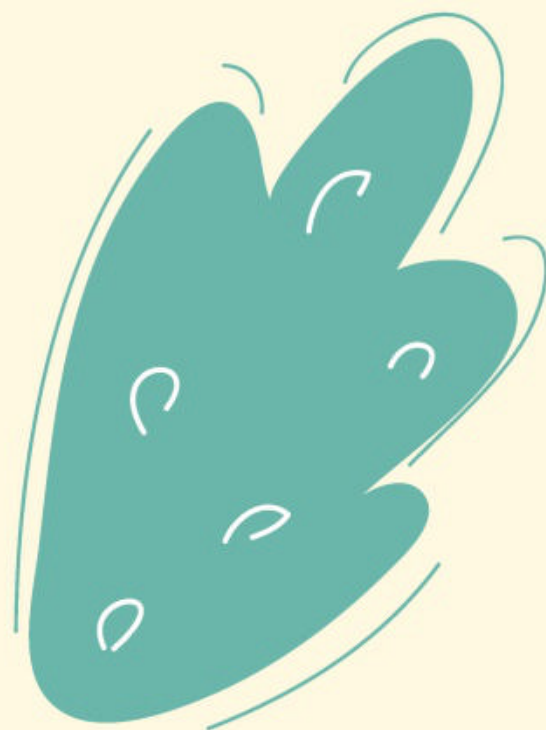
### **WHAT IS INSULIN RESISTANCE?**

Insulin resistance is a condition where the body's insulin doesn't work properly. Insulin is a hormone produced by the pancreas that helps to control blood glucose levels by taking glucose from the bloodstream (where it comes from the food we eat) into the muscles and cells where it is used for energy.

Insulin is often described as a key that unlocks the doors of your body's cells, allowing glucose to enter and be used for energy. In people with insulin resistance, it is as though the lock becomes rusty, making it difficult for insulin to open the cell doors. Initially, the pancreas produces more insulin to help move glucose into the cells, and blood glucose levels can remain normal for some time. However, eventually the body cannot keep producing all that extra insulin, and glucose then builds up in the blood, resulting in impaired glucose tolerance (pre-diabetes) and eventually type 2 diabetes. Insulin resistance may begin as much as 10-15 years before someone develops type 2 diabetes.

Insulin resistance leads not only to type 2 diabetes but is also the underlying problem in other health conditions, including metabolic syndrome, non-alcoholic fatty liver disease and polycystic ovary syndrome (PCOS).







## WHAT ARE THE RISK FACTORS FOR INSULIN RESISTANCE?

**EXCESS WEIGHT:** Carrying extra weight, especially around your middle, increases the likelihood of developing insulin resistance. Fat cells, particularly those in the abdominal area, produce substances that interfere with how insulin works.

**FAMILY HISTORY:** Some individuals have a genetic predisposition to insulin resistance. If you have close family members with type 2 diabetes or metabolic syndrome, you may be at greater risk.

**SEDENTARY LIFESTYLE:** Regular physical activity improves the way your cells respond to insulin, so if you get little movement in your day, this can contribute to insulin resistance.

**UNHEALTHY DIET:** Consuming a diet high in refined carbohydrates, added sugars, saturated fats and red and processed meats can contribute to insulin resistance.

**AGE:** While we can't do much about this risk factor, insulin resistance increases with age.

**ETHNICITY:** Being from an Aboriginal or Torres Strait Islander background, or from a Pacific Islander, South Asian, Middle Eastern or North African background put you at higher risk.

**MEDICATIONS:** Some medications, including steroids, antipsychotics, and HIV medications, can cause insulin resistance.

**POOR SLEEP:** Having poor quality or inadequate sleep and/or untreated obstructive sleep apnoea can contribute to insulin resistance.



**While you can't do anything about your genes, the good news is that there are many lifestyle changes you can make to improve how insulin works in your body.**

## HOW DO I KNOW IF I HAVE INSULIN RESISTANCE?

Most people with insulin resistance don't know they have it. Your doctor can measure fasting insulin levels or insulin levels during an oral glucose tolerance test, but these aren't usually checked as part of routine blood tests.

However, there are some signs that can suggest you may have insulin resistance, including:

- ▶ Carrying excess weight around your middle
- ▶ Having a skin condition called acanthosis nigricans

which causes dark velvety skin pigmentation, particularly in areas such as the armpits, back of the neck and groin.

- ▶ Having abnormal blood fat levels, particularly low levels of HDL cholesterol and high levels of triglycerides
- ▶ Having high blood pressure

If you have been diagnosed with type 2 diabetes, metabolic syndrome, polycystic ovary syndrome or non-alcoholic fatty liver disease, it is likely that you have insulin resistance.



## HOW CAN I IMPROVE INSULIN RESISTANCE?

While you can't do anything about your genes, the good news is that there are many lifestyle changes you can make to improve how insulin works in your body. Lifestyle modification is recommended as the first line of treatment for insulin resistance. This includes:

➤ **Maintaining a healthy weight or losing weight if you are overweight.** Carrying excess weight, particularly around the middle, is a significant contributor to insulin resistance. The good news is that weight loss of as little as 5% of body weight has been shown to improve insulin sensitivity and reduce the risk of type 2 diabetes in those at risk.

➤ **Moving more.** Regular physical activity helps improve insulin sensitivity, making your cells more responsive to insulin. Research suggests that a combination of aerobic and resistance training is likely to provide the greatest benefit for improving insulin resistance and metabolic health. Reducing sedentary time and taking regular breaks from sitting are also important.

➤ **Improving your eating habits.** Eating a healthy diet is an important part of preventing and managing insulin resistance. Diets high in saturated fat, red and processed meats, and highly processed carbs (including added sugars) can worsen insulin resistance, while diets high in dietary fibre and minimally processed carbohydrate foods may help to improve insulin resistance and are linked with a lower

risk of diabetes. So, base your meals around minimally processed whole grains, legumes, vegetables and salads, eat more fish and legumes in place of red meat, avoid processed meats and choose only lean cuts of meat, and get most of your fat from foods like extra-virgin olive oil, nuts, seeds and avocado. Also avoid sugar-sweetened drinks and choose water as your main fluid. A Mediterranean-style diet is one dietary pattern that can be beneficial for insulin resistance and type 2 diabetes.

➤ **If you smoke, quitting now.** We all know that smoking isn't good for us and can increase the risk of heart disease and cancer, but most people don't realise it can also worsen insulin resistance and increase your diabetes risk. Studies have shown that smokers are more insulin resistant and have an increased risk of developing type 2

diabetes. **Need help to quit? Call the Quitline on 13 78 48 or visit [www.quitnow.gov.au](http://www.quitnow.gov.au)**

➤ **Getting a good night's sleep.** Lack of sleep has been shown to worsen insulin resistance and increase diabetes risk. Studies have shown a reduction in insulin sensitivity of between 16% and 32% when sleep is restricted to 4-5 hours for 4 or more nights. Broken sleep has also been shown to worsen insulin resistance by around 25% after just 2-3 nights. It is therefore important to prioritise getting enough sleep (around 7-8 hours for most adults) and focusing on strategies to optimise sleep quality. This includes having regular wake and sleep times, getting some sunshine early in the day and avoiding screens and bright lights in the evening, keeping your bedroom quiet, dark and cool, avoiding caffeine later in the day, and avoiding or limiting alcohol intake.







# Keeping it Off

**A new study from the CSIRO reveals just what it takes to keep unwanted weight off - tracking tools and self-monitoring behaviour are all part of the plan.**





Lisa had always been active – with runs, personal training sessions and Pilates classes a regular part of her weekly routine. So when her weight started to increase, she knew it was down to what she ate. Ice cream, alcohol, chips, nuts, and take-away food made their way into her home (and body), with the pandemic making the cravings worse.

Clothes started to become uncomfortable to wear, and the fear of developing pre-diabetes in her 40s was the final straw. Lisa knew she needed a lifestyle change.

She took a chance on the CSIRO Total Wellbeing Diet, recognising that a program backed by scientific evidence would give her the best chance at developing the habits needed for long term weight loss – a program that gave her the framework to become more accountable.

The decision paid off. Over seven months, Lisa lost 19kg – going from a size XL down to a M.

Now, new research from CSIRO, Australia's national science agency, has revealed the secret behind it all –

with regular self-monitoring behaviours and tracking tools confirmed as the key to maintaining clinically significant weight loss over a long term period.

The study included an analysis of 6,602 CSIRO Total Wellbeing Diet members that had completed the 12-week program and recorded weight every 12 weeks for a year. It found:

➤ 64% of members had lost a clinically significant amount of weight loss at 1 year, with a sustained average weight loss of 10.6kg, or 11.9% of their starting body weight.

➤ The most successful members of the group lost an average of 22.3kg, equivalent to 21.7% of their starting body weight.

➤ People who achieved weight loss exceeding 10% in the first year used all of the CSIRO Total Wellbeing Diet's tools – weigh-ins, food diary, menu plan, exercise plan, program content, forum, food search – 50% more than those who lost less than 5% over the same period.

For Lisa, the CSIRO Total Wellbeing Diet food and exercise tracker, meal plans, recipe library and Facebook support group were critical to her weight loss and maintenance journey.

“After using the food tracker religiously for ten months, I have such a strong understanding of what a balanced meal looks like and an appropriate serving size. I can live my life – go out for dinners with my family, enjoy a glass of wine. The difference is that now I know how to balance it out, which actually makes those moments more enjoyable as I'm not riddled with guilt.”

Lisa also acknowledges that ‘setbacks’ are part of the process. Rather than seeing them as a reason to throw the towel in, she feels equipped with the tools, skills,

education and confidence to get back on track.

“A kilo or two came back over the Christmas period. You know, you're eating and drinking a lot at that time of year. I just reminded myself that I've already done the hard yards of breaking my bad eating habits and creating healthy ones. All I have to do now is return to following the menu and exercise plans and the weight will come back off. It did!”

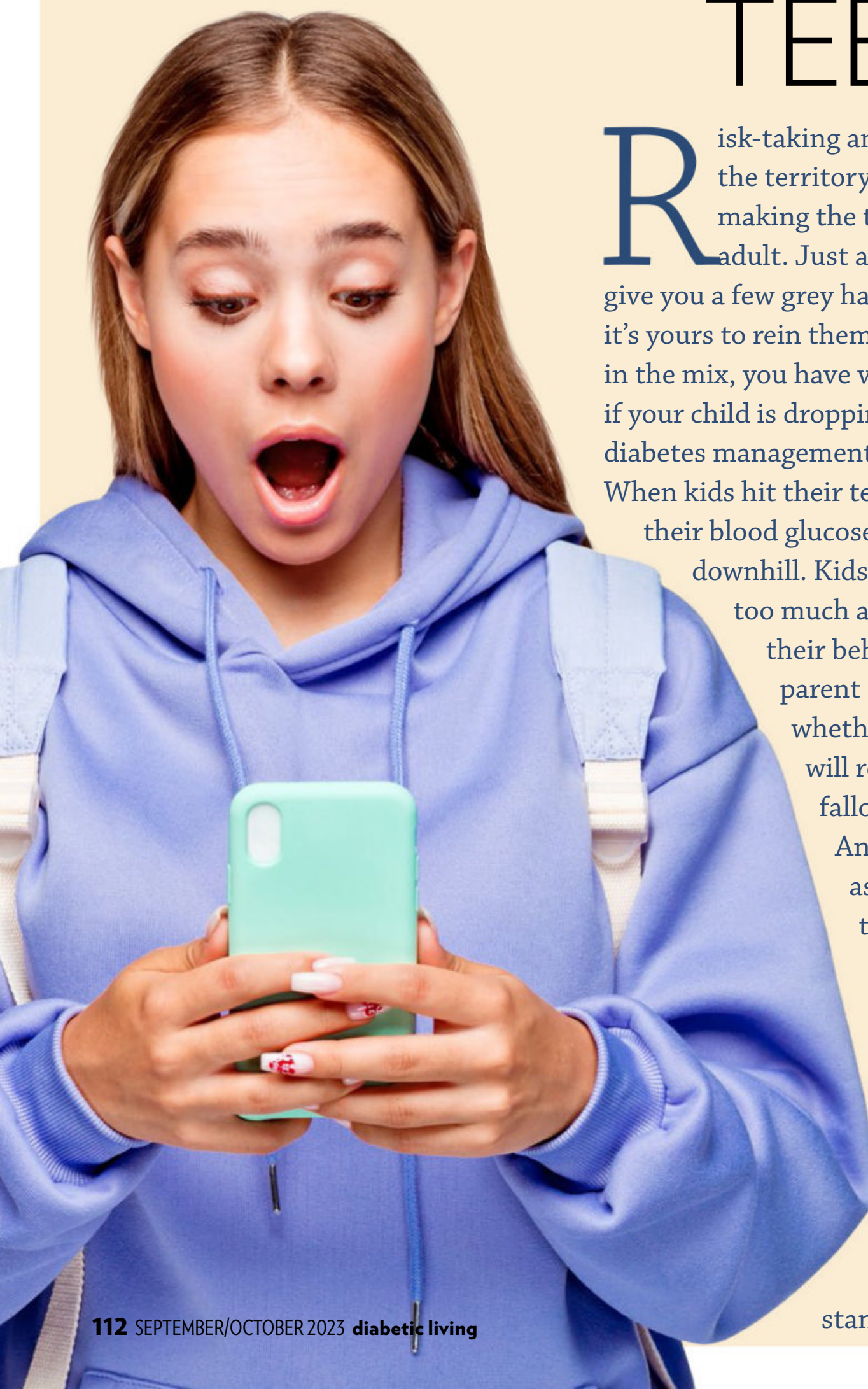
These days, Lisa loves the way she feels. She has developed a love of running, continuing to tackle a faster pace and longer distances. She can shop at clothing shops that she hasn't been able to in years. Most of all, she is no longer weighed down by the fear of developing a chronic disease – life is that much lighter now.



To find out more, visit [totalwellbeingdiet.com](https://totalwellbeingdiet.com)



# THOSE TRICKY TEENS



**R**isk-taking and rebellion - it goes with the territory for a hormonal teenager making the transition from child to adult. Just as it's your teen's job to give you a few grey hairs and sleepless nights, it's yours to rein them in. But when diabetes is in the mix, you have very good reason to worry if your child is dropping the ball with their diabetes management.

When kids hit their teens, it's not unusual for their blood glucose management to go downhill. Kids may not want to think too much about the consequences of their behaviour, but a loving parent can't help but worry whether their child's actions will result in a major health fallout.

Anxious parents often feel as if they're trying out for the nagging Olympics, as they run through the daily litany of questions they feel duty-bound to ask: Have you done a blood test? Did you take your insulin? Did you eat? And so it goes on until there's the inevitable Mexican stand-off.



**Having diabetes can be a tough gig for teenagers trying to spread their wings. And it's a nightmare for parents battling to keep them on track- all the more reason to stay calm and help your adolescent take better control of their self-care.**

## ➤ *Finding* your way

So, as a parent, how do you negotiate your teenager's slack diabetes care, their parties, fast-food binges and experimentation with adult behaviours - and come through with your relationship intact? First up, acknowledge that most teens try out new identities, push boundaries, suffer mood swings and take steps to greater independence. They're on a physical and emotional roller-coaster, and diabetes is just one extra ingredient in an already-powerful cocktail.

### Get to the root of the problem

"If your teenager is binge-eating or regularly abusing alcohol, then the drink and food are not the real issues," suggests Dr Helen Edwards, author and former diabetes educator. "Locking horns, becoming obsessed or threatening punishment will cause a power struggle and may distance you from your teen. It's more helpful to maintain a calm tone and manner and ask your child how they are and how things are going at school and with their social life to get to the bottom of the problem." Meanwhile, to turn down the heat and work with your child as a team, adopt self-help management roadblocks. ➤





## > *Weight* worries

**THE SCENE:** Your daughter is picking at her meal. Lately, she's shed a few kilos, started obsessing about exercise and become secretive about eating. When challenged, she tears up or storms off. You suspect she's tampering with her insulin levels to fast-track more weight loss.

**YOUR TEEN'S TAKE:** I can't get control over my diabetes, but controlling my food and weight helps me feel more in control of my life.

**THE BACKSTORY:** "Most teens with diabetes get through adolescence without too many problems, but some are more vulnerable to developing eating disorders because there is so much focus on restraint and control of food and weight," says Dr Susan Hart, Accredited Practising Dietitian and Eating Disorder

Coordinator for St Vincent's Health Network in Sydney. "Children with diabetes may find it more challenging than their peers to manage their weight, so their diabetes may complicate and magnify typical adolescent body-image issues." If your teen is a healthy weight and eating normally but has an elevated HbA1c of around 11 per cent, they may be suffering from bulimia (bingeing on food, then vomiting) or could be manipulating insulin to lose weight.

**HEALTH RISKS:** Yo-yo dieting compromises diabetes management and predisposes your teen to problems such as weight gain later on. Eating disorders, such as anorexia and bulimia, and bingeing cause enormous BGL imbalances, increasing the risk of long-term diabetes complications.

## PARENT POINTERS

### ✗ DON'T...

**Argue at the table** Verbal showdowns over the evening meal will increase the association between food and stress.

**Become food-centric** "Scrutinising your teen's every meal focuses your adolescent more and more on food," says Dr Hart. "Discuss other things like what's going on at school with friends, classes, interests and current music. This will remind your teen they have an identity outside of their diabetes and eating obsession."

### ✓ DO...

**Eat meals together** You'll not only model the right behaviour, but will also notice what your teen is - or isn't - eating, without interrogating them.

**Offer low-fat options** "If your teen is worried about their weight, help them manage it in a healthy way with low-fat foods and exercise," says Trish Bowden, a diabetes

nurse educator at Cadogan House in Brisbane, with 25 years experience in adolescent care at Mater Hospital. "It's better that your child eats salad, soup or fruit and yoghurt than nothing at all."

**Be realistic** Your daughter won't eat a huge bread roll at school if none of her girlfriends do. "Ask if she can compensate by having a big breakfast and afternoon tea, then suggest filling her lunch box with foods she would eat, such as fruit salad, low-fat yoghurt or a milk drink," says Trish.

**Watch what you say** "If you notice your teen's weight creeping up, don't criticise," warns Trish. "Ask how they feel about their shape. If they say they're not happy, discuss what might be going on and what they could do about it. Offer to go walking together or drive them to sports training if they need support with exercise."

**Consult a nutritionist** Teens with diabetes tend to suffer



complications from eating disorders much earlier than adolescents without diabetes, but these disorders can be successfully addressed if help is sought early.

**Call their specialist** On the quiet, ask your teen's specialist to discuss risks of eating disorders and insulin misuse, which can lead to ketoacidosis, a build-up of toxins in the bloodstream that can result in coma or death.



## > *Secrets* & rebellion

**THE SCENE:** Your son tells you nothing, but he texts his mates constantly about everything. He flouts curfews and rolls his eyes, then remains silent when you ask him what he was up to when he was out.

**YOUR TEEN'S TAKE:** My parents are control freaks. I'm going to show them I'm no longer a child.

**THE BACKSTORY:** "Diabetes may interfere with conformity to the peer group and increase the likelihood of risk-taking behaviours," says Associate Professor Fergus Cameron, head of Diabetes Services at Melbourne's Royal Children's Hospital.

**HEALTH RISKS:** Late nights can elevate insulin levels, while unprotected sex can carry risks of STIs (sexually transmitted infections), which would add another health complication on top of diabetes.

## PARENT POINTERS

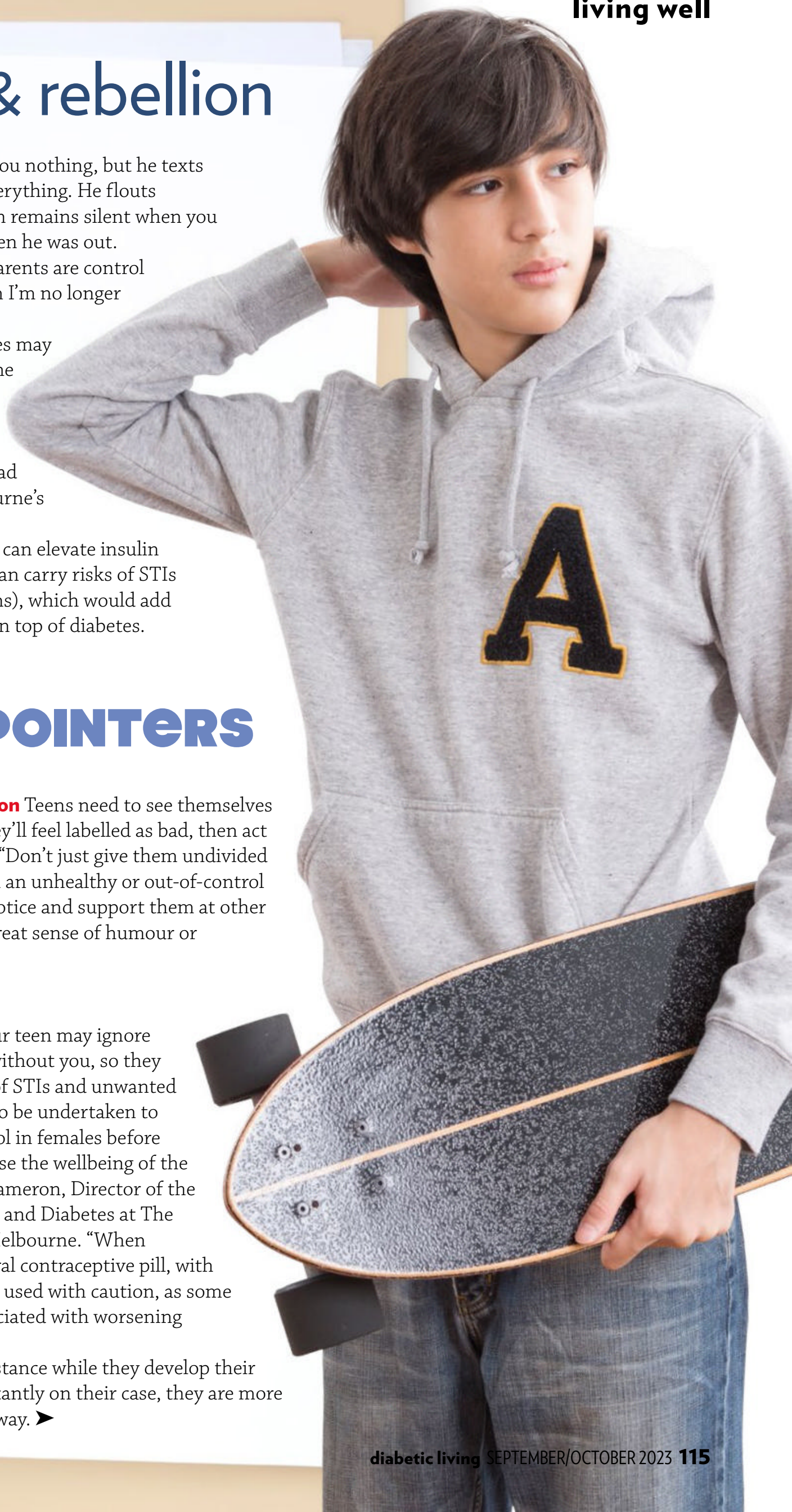
### X DON'T...

**Give mostly negative attention** Teens need to see themselves as good, likeable people, or they'll feel labelled as bad, then act out, pushing all your buttons. "Don't just give them undivided attention when they behave in an unhealthy or out-of-control manner," says Dr Edwards. "Notice and support them at other times, commenting on their great sense of humour or thoughtfulness."

### ✓ DO...

**Talk about contraception** Your teen may ignore this issue or try to address it without you, so they need to understand the risks of STIs and unwanted pregnancy. "Great care needs to be undertaken to ensure optimal diabetes control in females before becoming pregnant to maximise the wellbeing of the baby," says Professor Fergus Cameron, Director of the Department of Endocrinology and Diabetes at The Royal Children's Hospital in Melbourne. "When choosing contraception, the oral contraceptive pill, with low-dose oestrogen, should be used with caution, as some studies suggest it may be associated with worsening neuropathy," he adds.

**Back off** Adolescents want distance while they develop their independence. If you are constantly on their case, they are more likely to play up or push you away. ➤





## > Denial & depression

**THE SCENE:** Your teen is eating erratically, skipping blood glucose tests and missing insulin doses. Their behaviour, mood and health are deteriorating, but when you try to discuss it, they shut you out.

**YOUR TEEN'S TAKE:** It's so unfair. While all my mates are allowed to kick back eating pizza and watching footy, I'm always under pressure to be healthy and check my BGLs, carry diabetes supplies, count carbs and maintain an insulin pump.

**THE BACKSTORY:** With friends to message, music

to download, homework to do and sports practice and dance classes to attend, teens' lives are jam-packed, and diabetes is no longer a top priority.

**HEALTH RISKS:** Your teen could end up having hypos (low blood glucose), where insulin drops too low. Or, they could suffer from high blood glucose levels (BGLs), which cause hyperglycaemia. If this becomes a chronic problem, it can lead to health complications when they are older.

*Helping your teen to see the benefits of taking control will make them more likely to want to self-manage effectively*

## PARENT POINTERS



### ✗ DON'T...

**Presume they're to blame** Your teenager may have only thrown in the towel because their BGLs have been high, despite their best efforts.

"Increasing insulin resistance is usual for both sexes during adolescence," explains Professor Cameron. Growth hormone is thought to be most responsible because it reduces insulin

sensitivity. In particular, girls experience increased insulin resistance and body mass index (BMI), and higher HbA1c levels during their teens. "Adolescent girls may also experience cyclical fluctuations, and often hyperglycaemia, immediately before menstruation," adds Professor Cameron.

### ✓ DO...

#### **Discuss feelings of hopelessness**

"Many young people with type 1 believe they are going to die or develop terrible complications because of diabetes, and that there is nothing they can do to stop it," says Dr Bill Polonsky, president of the Behavioral Diabetes Institute in California. "In that case, they wonder what is the point of doing anything about it. They often feel that diabetes is a death sentence and also feel at war with diabetes. They think, I hate it, I'm going to ignore it and not let it control me.

While the sense that diabetes is 'going to get me' may have been true many decades ago, the medical management of diabetes has made extraordinary progress, so we have lots of good news to share. Most importantly, diabetes is not the leading cause of amputations, blindness and kidney disease. Poorly managed diabetes is responsible. In fact, well-managed diabetes is the leading cause of... nothing."

**Focus on the positives** "Point out that if your teenager gets their BGLs under control, they will do better at footy training, help clear up their acne, study more effectively and sleep better without toilet pit stops," says diabetes nurse educator Trish Bowden. Helping your teen to see the benefits of taking control will make them more likely to want to self-manage effectively.



## > Alcohol binges

**THE SCENE:** It's Sunday morning and your teen has woken with a hangover - again. You need to talk to them about drinking responsibly. But how can you get your child to take anything you say seriously?

**YOUR TEEN'S TAKE:** When I drink alcohol and take drugs, I'm more relaxed, confident and happy, and I no longer feel different because of my diabetes.

**THE BACKSTORY:** A sobering 22 per cent of teens drink each week according to the National Drug Strategy Survey. Other studies suggest that the drinking habits of 10 per cent of teens are risky or at high risk because they binge on alcohol or drink until intoxicated.

**HEALTH RISKS:** Alcohol can increase the risk of a hypo, even hours after drinking. Illicit drug use is equally concerning, with HbA1c levels rising to a risky 8.9 per cent among recreational drug users (compared to a near-normal 7.2 per cent in non-users), Australian studies have shown.



## PARENT POINTERS

### ✗ DON'T...

**Focus only on diabetes** Mention how drugs and alcohol can change BGLs and affect weight, but bring up other risks involved when under the influence, such as increased accidents, road fatalities, body injuries and risky sexual behaviour that can lead to unwanted pregnancies and STIs.

**Give trust that's not deserved** Tell them that, when they binge-drink, they show they're not mature enough to socialise and self-manage, and this may force you to treat them more like a child when you actually want to allow them more autonomy and control.

### ✓ DO...

**Be realistic** Instead of demanding your teen stops drinking (which is unlikely to happen), write down and agree on some ground rules that they will aim to carry out, such as:

- Sip slowly, spread out their alcohol intake over several hours and avoid binge-drinking.
- Eat carbs before drinking to slow the rise of blood sugars. Alternate each alcoholic drink with a 'spacer' (glass of water).
- Lower their alcohol levels by drinking light beer or wine instead of spirits.
- Empty their glass before allowing anyone to top it up.
- Ensure their friends know about their diabetes and have a management plan their friends are aware of in case of emergencies or when vomiting.
- Check BGLs during the night or at the very least, before bedtime, and also eat a carb snack. Check their levels and eat straight after they wake up.
- Wear a diabetes ID bracelet - some teenagers have been arrested for drunken behaviour when they are actually having a hypo.





## > *Skipping* the specialist?

Your teen has been a no-show again for their appointment with their specialist/diabetes educator. This is a common problem, as adolescents make the transition from children's clinics to adult ones.

"If the transition is not successful and teenagers are lost to ongoing specialist care, diabetes control usually deteriorates markedly," says Professor Cameron.

"Unhealthy lifestyle practices become further entrenched, diabetes-related complications frequently occur and the risk of sudden death goes up," he says.

Try the following to make the transition smoother:

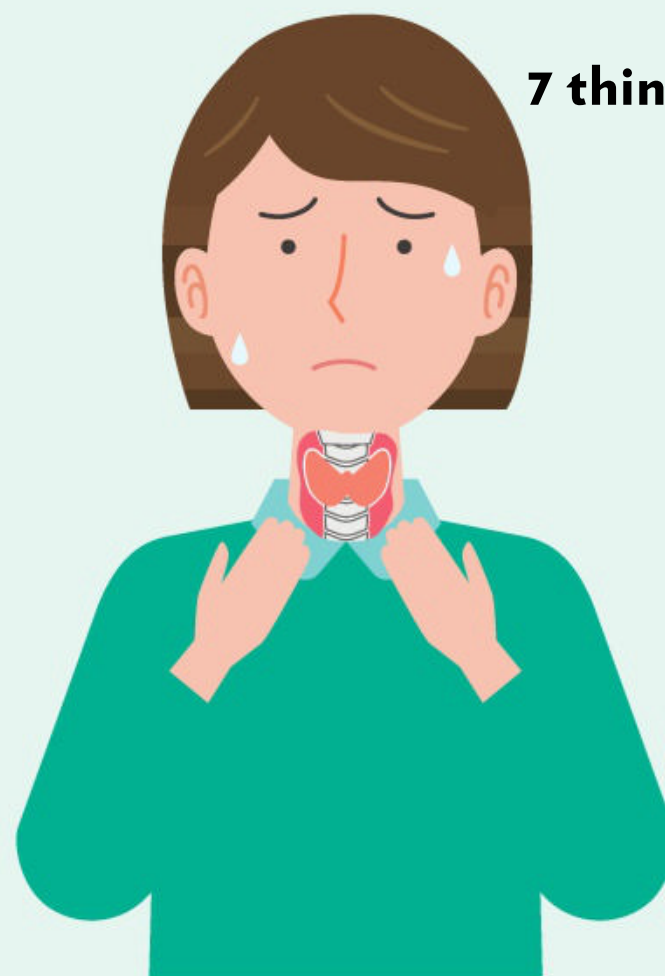
- **Follow up:** Contact the doctor's support staff regularly to make sure that your teen is attending their appointments.
- **Ensure a good fit:** Check your child has a good rapport with their specialist/diabetes educator. The better the relationship, the more likely they are to attend.
- **Help out:** Driving your teen to and from some appointments can make showing up less of a hassle.
- **See your GP:** If your teenager is not regularly attending appointments, talk to your GP about their wellbeing.

*Check your child has a good rapport with their specialist/diabetes educator. The better the relationship, the more likely they are to attend the appointments.*



# 7 NEED-TO-KNOW FACTS ABOUT... thyroid disease

If you have diabetes, your risk of developing thyroid disease is increased. Read on to learn more about the connection.



## 1 Two types

There are two types of thyroid disease — hypothyroidism (where your body doesn't produce enough thyroid hormones) and hyperthyroidism (where it produces too much). Both types cause changes to BGLs and metabolism, but have opposite effects, including a potential impact on any medications you might be taking.

## 2 The link

The relationship between diabetes and thyroid condition goes both ways. Diabetes can affect thyroid hormones and lead to a thyroid condition developing. Likewise, a prolonged variation in thyroid hormone levels can trigger the onset of type 2 diabetes by causing insulin resistance. The relationship is complicated and not fully understood by researchers.

## 3 Blood glucose woes

Thyroid hormones help regulate your metabolism. In hyperthyroidism, too much of this hormone is produced and increases BGLs. Insulin and other medications are metabolised faster, which means they don't stay in your body long enough to maintain your levels. On

the flip side, hypothyroidism means you produce too little of this hormone, so insulin and other medications remain in your body for longer than they should, leading to low blood glucose levels.

## 4 Type 1 risk

Those living with type 1 diabetes are at greater risk, with up to one-third developing thyroid disease. This is because type 1 is an autoimmune disease, and having one makes you more likely to develop another. Thyroid disease and type 1 diabetes have a particularly close link because they are both conditions of the endocrine system, which regulates blood sugar and metabolism to create balance in your body.

## 5 Symptoms

There are a range of symptoms related to thyroid conditions but you may not experience all of them.

### HYPERTHYROIDISM

- Fatigue; • Weight loss;
- Heat intolerance/sweating;
- Heart palpitations; • Diarrhoea;
- Tremors; • High blood pressure;
- Restlessness; • Shortness of breath;

- Goiter (swelling at the front of the neck)

### HYPOTHYROIDISM

- Fatigue; • Weight gain; • Cold intolerance; • Slowed heart rate;
- Muscle pain/cramps and weakness;
- Constipation; • Low mood/depression; • Menstrual irregularity/infertility; • Memory issues; • Dry skin and hair

## 6 Diagnosis

Thyroid dysfunction can be tested by measuring the amount of thyroid stimulating hormone (TSH) in the blood. If the result is not normal, your doctor will arrange a thyroid function test (TFT) which also measures the level of other hormones and can help them to make a diagnosis.

## 7 Treatment

Although treating both diabetes and a thyroid disorder can be tricky, thyroid symptoms can be managed using a combination of medication and lifestyle changes, while your diabetes healthcare team will need to keep an eye on your BGLs, insulin levels, and thyroid hormone levels and may need to adjust your medication accordingly.



**W**hether a change in vision was the first sign of diabetes for you, or blurred vision is a possible complication of your diabetes, it is important to consider the health of your eyes.

### Lower your cholesterol

Lowering your cholesterol will not only improve your overall heart health, it will also improve your eye health.

Deposits of cholesterol, called plaque, can form inside the arteries throughout the body. “This build-up can reduce the blood flow to any given area of the body, including your eyes,” says optometrist Dr Robert Layman. “This can compromise the nutrition and oxygen supply your eyes need.”

Having high cholesterol by itself won’t cause noticeable complications in your eyes, but in combination with having diabetes it can cause eye problems to progress more rapidly, says ophthalmologist Dr Peter Kaiser. “Controlling your lipids, along with managing your blood glucose levels, will prevent further damage down the road.”

### Quit smoking

Smoking causes damage throughout your entire body, including your eyes. When you inhale cigarette smoke, the toxic chemicals absorbed into your bloodstream deplete the antioxidant reserve that protects your body from free radicals, which may cause macula damage, says Dr Kaiser.

The macula is a specialised part of the retina that creates your central vision and lets you see fine detail such as the letters on a

# Save your VISION

Save your vision from diabetic retinopathy, cataracts and glaucoma – the three eye complications that make up diabetic eye disease – with these eye-protecting tips



computer screen. When the macula is damaged, it leads to the development of macular degeneration, a chronic eye disorder that deteriorates the eye tissue responsible for central vision.

Smoking may also cause damage to the lens of your eye. The lenses inside your eyes are elastic, but smoking prematurely ages them, making them rigid and discoloured. “This can cloud or blur your sight and may obstruct the path of vision,” says Dr Layman. “It may also hasten the need for reading glasses in middle age.”

### Find the perfect pair of spectacles

For the safety of your eyes, you need to ensure you select the perfect pair of glasses and/or sunglasses. As far as which colour lens to choose, Dr Kaiser says the colour doesn’t matter as long as it has the UV protection.

You can even purchase eyeglasses with no colour that can have a UV protective lining. “In fact, cheap lenses that are dark and have no UV protection can often be more dangerous,” he says. “The dark sunglasses make your pupils larger, allowing more UV rays to enter than if you were not wearing the sunglasses.

### What to do when your eye-sight fades

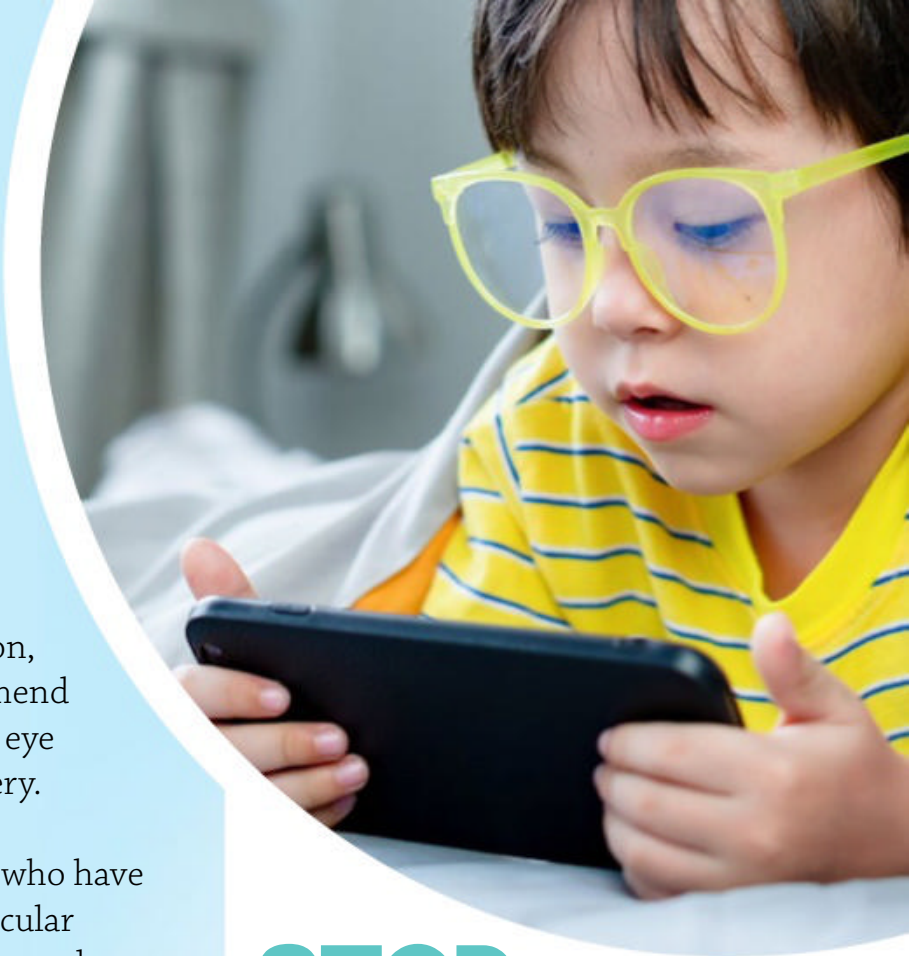
If you are already experiencing some problems with your vision, your doctor may recommend treatments such as laser eye surgery or cataract surgery.

Laser eye surgery is recommended for those who have diabetic retinopathy, macular edema or retinal swelling, and proliferative diabetic retinopathy where the growth of new blood vessels can cause bleeding.

Meanwhile, cataract surgery involves removing the natural lens in the eye when it becomes clouded and replacing it with an artificial lens. It is the main treatment for cataracts.

When a person with diabetes has cataracts and diabetic retinopathy, the retinopathy needs to be treated more aggressively before cataract surgery can be considered. If macular edema is present before cataract surgery, visual results may be worse than expected.

It is important to discuss all available options with your doctor and ophthalmologist before deciding which is the best form of treatment for you.



## STEP away from the SCREEN

Though no studies have found that staring at your computer screen damages your vision, you can still feel the effects of Computer Vision Syndrome (CVS).

Specsavers reported this problem is believed to affect somewhere between 64-90 per cent of office workers. Symptoms, including tired and strained eyes, headaches, dry eyes and/or blurry vision are all experienced during, or related to, computer use. To reduce CVS, check your posture and the position of your computer monitor, take regular breaks from the screen and remember to blink regularly!



## LOWER YOUR BLOOD PRESSURE

Hypertension can cause damage to the small blood vessels in the retina. High blood pressure in combination with diabetes taxes the blood vessels throughout your body and, over time, can cause them to harden, narrow and even burst.

**Normal blood pressure:**  
below 120 / 80 mmHg

**Prehypertension:** above 120 / 80 mmHg  
but below 139 / 89 mmHg

**Hypertension:**  
**Stage 1:** between 140 / 90 mmHg  
and 159 / 99 mmHg  
**Stage 2:** 160 / 100 mmHg or higher



*my story*

**“I feel as good  
now as I did in  
my mid-20s”**





After losing 21kg in three months, 49-year-old Calli Vogel has not only turned her own health around, she inspired her husband to embark on his own weight-loss journey, which has put his type 2 diabetes into remission.

**BACK TO GOOD HEALTH AFTER A 21KG WEIGHT LOSS**

**“W**hen I look back now, I’d been living with autoimmune-like symptoms, things like hives and joint pain, since my late 20s, but it wasn’t until 2019 when I was actually diagnosed with something specific.

“It was around Easter time and I was sitting having dinner one night when all of a sudden a huge gland, the size of a golf ball, just popped out in my neck. I’d also been experiencing problems with my saliva production for a while. I’d overproduce it at really odd times and it tasted kind of salty and strange.

“I panicked and took myself off to the doctor. Based on my symptoms, she suspected I had something called Sjogren’s syndrome straight away. I’d never even heard of it, but after a few imaging tests, it was confirmed – my immune system was attacking my salivary glands. I managed to avoid taking steroids, which is the recommended treatment, by making some dietary changes and managing my symptoms with eye drops and mouth gels and sprays, but it was really quite debilitating at times. Around the same time, I also developed rosacea on my face, which I’ve since tried to keep under control with so many different types of topical treatments.

“Remarkably, since I’ve lost weight, all of my autoimmune symptoms have essentially disappeared. That was never my main motivation as I hadn’t really linked the two things together, but it’s been such a welcome result.”

### ***Making a change for good***

“In November 2022, something clicked and it suddenly dawned on me that my lifestyle had to change. I was experiencing extreme fatigue, had

**CALLI VOGEL, TYPE 2**

**CALLI SUFFERED FROM NUMEROUS AUTOIMMUNE SYMPTOMS**



## my story: weight loss



**CALLI (RIGHT)  
WITH COUSIN  
ARI AND  
SISTER KIM**

so much difficulty exercising and was feeling older than I thought I should for my age. I was also approaching menopause and having some symptoms associated with that. I knew I needed to do something.

“Since having my two children, who are now 14 and 12, I’d steadily put on weight. I tried so many different things to lose it over the years, but even if any of them worked, the results never lasted. When I saw The Fast 800 Programme advertised on television, and realised Dr Michael Mosley was behind it, I decided I’d give it a go.

“I lost 5kg in the first two weeks and 8kg by Christmas and since then, I haven’t looked back.

“Now, I go for a 3-4km run every day and I find the recipes, which are basically designed to eliminate processed food, so quick and simple to prepare.

“The longer I’m on the program, the more benefits I see, but I no longer have to use anything to manage my Sjogren’s symptoms and my rosacea isn’t really visible anymore. My joint aches and pains have gone, too.

“I feel as good now as I did in my mid-20s, before all of my autoimmune stuff began. At 49 years old, I’m pretty happy with that.”

### *A ripple effect*

“A few weeks after I started, my husband, Christian, was diagnosed with type 2 diabetes. It was a massive shock to him as he didn’t have any symptoms.

“He was told by his doctor that if he didn’t lose weight, he may have to consider bariatric surgery. He knew he didn’t want to go down that route if he could avoid it, so he told me he was ‘all in’ and wanted to try the program with me. I was so pleased, as I think when I started it, he thought it’d be another one of ‘Calli’s diets’ that I did for a while and then gave up on, without really seeing any results.

“Twelve weeks after he joined, he’d lost 35kgs. While he still has some weight to lose, his blood sugars are now in the normal range and his doctor has told him he no longer has diabetes, which we didn’t even know was possible.

“The best thing is, he feels fantastic. He’s got so much more energy and is doing a lot more exercise. Before he lost the weight, I was also worried he had sleep apnoea. If his snoring woke me up during the night, I’d watch his breathing and it often seemed to stop, which was traumatic and quite terrifying to see. Now, since losing all that weight, he rarely if ever snores.

“Christian and I are just so happy we found this program. We call it our lifesaver. That’s how we both feel about it. I know it’s saved my life.

“We’re both really excited about the future now. This is forever. I’ll never go back to the lifestyle and the way things were before.”



# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that B=12, F=13, and L=14. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 21 | 10 | 24 | 26 | 9  | 8  |    | 19 | 3  | 5  | 14 | 4  | 26 | 2  |    | 5  | 24 | 8  | 14 | 3  | 8  |
|    | 24 |    | 21 |    | 1  |    | 3  |    | 24 |    | 14 |    | 4  |    | 11 |    | 6  |    | 14 |    |
| 25 | 11 | 11 | 14 |    | 26 | 2  | 17 | 3  | 14 |    | 17 | 4  | 23 | 4  | 9  |    | 1  | 3  | 21 | 8  |
|    | 8  |    | 3  |    | 14 |    | 14 |    | 2  |    | 6  |    | 9  |    | 8  |    | 11 |    | 3  |    |
| 8  | 4  | 8  | 8  | 11 | 11 |    | 11 | 1  | 26 | 23 | 4  | 2  | 26 |    | 3  | 14 | 12 | 11 | 25 | 21 |
|    |    | 11 |    |    | 23 | 24 | 18 |    | 9  |    |    |    | 13 | 11 | 15 |    |    |    | 6  |    |
| 25 | 4  | 18 | 14 | 4  | 18 |    | 21 | 14 | 4  | 5  | 16 | 14 | 18 |    | 8  | 11 | 13 | 13 | 3  | 3  |
|    | 2  |    | 11 |    |    |    |    |    | 8  |    | 26 |    |    |    |    |    | 3  |    | 1  |    |
| 25 | 4  | 9  | 23 | 14 | 3  |    | 26 | 9  | 3  | 1  | 8  | 26 | 4  |    | 21 | 16 | 3  | 25 | 3  | 19 |
|    | 20 |    |    |    | 7  | 4  | 2  |    |    |    | 8  |    | 12 | 24 | 8  |    |    | 11 |    |    |
| 13 | 3  | 3  | 12 | 14 | 3  |    | 17 | 26 | 14 | 13 | 3  | 1  | 21 |    | 1  | 24 | 9  | 25 | 4  | 18 |
|    | 2  |    | 3  |    | 5  |    | 3  |    | 4  |    | 9  |    | 5  |    | 4  |    | 18 |    | 14 |    |
| 25 | 3  | 4  | 14 |    | 8  | 24 | 8  | 11 | 1  |    | 26 | 1  | 11 | 9  | 18 |    | 2  | 4  | 26 | 14 |
|    | 9  |    | 11 |    | 3  |    | 24 |    | 22 |    | 21 |    | 9  |    | 3  |    | 17 |    | 12 |    |
| 21 | 8  | 3  | 25 | 3  | 19 |    | 21 | 25 | 4  | 8  | 6  | 3  | 19 |    | 19 | 4  | 6  | 14 | 26 | 4  |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
|    |    |    |    |    |    |    |    |    |    |    | B  | F  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| L  |    |    |    |    |    |    |    |    |    |    |    |    |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 11** John Cleese TV comedy (6,6)  
**12** Miming game (8)  
**13** Very poor person (6)  
**14** Visits a place often (9)  
**15** Is not contraction (3'1)  
**16** Combat with lances (5)  
**18** Come to pass (9)  
**20** Australian apeman (5)  
**23** Orange variety (8)  
**24** Spinal manipulator (12)  
**26** Reiterant (10)  
**28** Angular nick, indent (5)  
**30** Huge cinema screen (4)  
**31** Musical work (4)  
**32** Extra payment (5)  
**34** Utterly captivated (10)  
**35** Dr Victor ---, literary monster-maker (12)  
**37** Sieve (8)  
**39** Loud kiss (5)

- 41** Squid appendages (9)  
**42** Decimal classification of library books (5)  
**45** Chew on a bone (4)  
**46** Affected favourably (9)  
**48** Liveliness of spirit (6)  
**50** French emperor (8)  
**51** Gave up possession (12)

## DOWN

- 1** Legendary Italian lover (8)  
**2** Hit with an open palm (4)  
**3** Mythical beast with multiple heads (5)  
**4** Assurance (12)  
**5** Hereditary factor (4)  
**6** Premise, pretense (10)  
**7** Plot outline (8)  
**8** Light wood (5)  
**9** Al ---, actor (6)  
**10** Refresh (12)

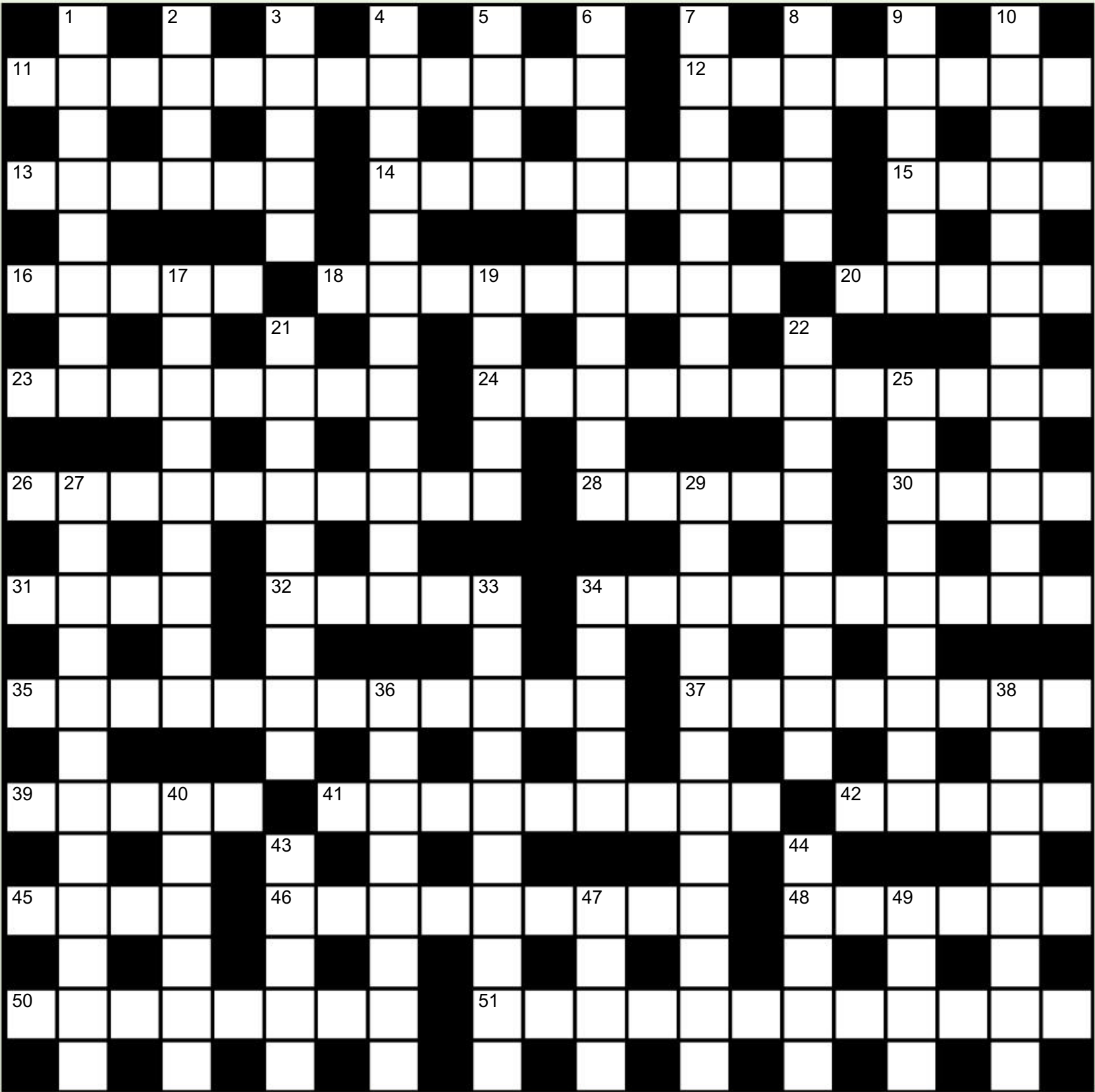
- 17** Robert Louis ---, *Treasure Island* author (9)  
**19** Mother-of-pearl (5)  
**21** Wrote illegibly (9)  
**22** Group of classical musicians (9)  
**25** Find fault (9)  
**27** Still in testing stage (12)  
**29** Surpassing, exceeding (12)  
**33** Beloved (10)  
**34** Medicine, elixir (5)  
**36** --- stone, rock placed to assist crossing a stream (8)  
**38** Cosmetic pencil (8)  
**40** Cattle musterer (6)  
**43** Tight-fisted person (5)  
**44** Assistance (3-2)  
**47** Vended (4)  
**49** Letters, mail (4)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 |   | 7 | 9 |   |   |   |
| 9 |   |   |   |   |   | 8 |   | 2 |
|   |   | 3 | 5 | 8 |   |   |   | 6 |
|   | 2 | 8 | 3 |   | 6 |   |   |   |
|   |   |   |   | 1 |   |   |   |   |
|   |   |   | 9 |   | 7 | 6 | 4 |   |
| 8 |   |   |   | 6 | 4 | 2 |   |   |
| 1 |   | 2 |   |   |   |   |   | 3 |
|   |   |   | 2 | 3 |   | 9 |   |   |

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.





Turn upside down for puzzle solutions

**Across:** 11 Fawlt Towers, 12 Charades, 13 Pauper, 14 Frequents, 15 Isn't, 16 Joust, 18 Transpire, 20 Yowie, 23 Valencia, 24 Chiropractor, 26 Repetitive, 28 Notch, 30 Imax, 31 Opus, 32 Bonus, 34 Transfixed, 35 Frankenstein, 37 Strainer, 39 Smack, 41 Tentacles, 42 Dewey, 45 Gnaw, 46 Impressed, 48 Espirit, 50 Napoleon, 51 Relinquished.  
**Down:** 1 Casanova, 2 Slap, 3 Hydra, 4 Confirmation, 5 Gene, 6 Assumption, 7 Scenario, 8 Balsa, 9 Pacino, 10 Reininvestigate, 17 Stevenson, 19 Nacre, 21 Scribbled, 22 Orchestra, 25 Criticise, 27 Experimental, 29 Transcending, 33 Sweetheart, 34 Tonic, 36 Stepping, 38 Eyeliner, 40 Cowboy, 43 Miser, 44 Leg-Up, 47 Solid, 49 Post.

Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 1 | 6 | 7 | 9 | 5 | 3 | 4 |
| 9 | 5 | 6 | 1 | 4 | 3 | 8 | 7 | 2 |
| 7 | 4 | 3 | 5 | 8 | 2 | 1 | 9 | 6 |
| 4 | 2 | 8 | 3 | 5 | 6 | 7 | 1 | 9 |
| 6 | 9 | 7 | 4 | 1 | 8 | 3 | 2 | 5 |
| 3 | 1 | 5 | 9 | 2 | 7 | 6 | 4 | 8 |
| 8 | 3 | 9 | 7 | 6 | 4 | 2 | 5 | 1 |
| 1 | 7 | 2 | 8 | 9 | 5 | 4 | 6 | 3 |
| 5 | 6 | 4 | 2 | 3 | 1 | 9 | 8 | 7 |

Sudoku

|    |    |    |   |   |   |   |   |   |   |    |    |    |    |    |
|----|----|----|---|---|---|---|---|---|---|----|----|----|----|----|
| L  | 14 | 15 | X | K | P | Y | D | Z | S | V  | G  | U  | W  | 26 |
| R  | 1  | 2  | M | E | A | C | H | J | T | N  | Q  | O  | B  | F  |
| 13 |    |    | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |    |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | E | W | E | D | S | W | A | T | H | E | D | D | A | H | L | I | A |
| N | N | O | E | U | V | S | S | N | E | P | B | I | A |   |   |   |   |   |
| W | E | A | L | T | U | T | O | R | I | R | O | N | Y | E | P | B | I | A |
| M | M | E | C | E | A | N | C | A | Y | L | M | A | I | L | E | A | L | I |
| F | E | E | B | L | E | P | I | L | F | E | R | S | R | U | N | W | A | Y |
| Z | J | A | M | T | B | U | T | O | N | W | A | Y | F | E | E | B | I | A |
| W | A | N | G | L | E | I | N | E | R | T | I | A | S | K | E | W | E | D |
| M | O | T | I | T | I |   |   |   |   |   |   |   |   |   |   |   |   |   |
| W | A | L | A | Y | S | L | A | C | K | L | Y | T | O | F | F | E | E | E |
| O | O | Y | G | U | N |   |   |   |   |   |   |   |   |   |   |   |   |   |
| T | A | T | O | O | L | O | R | I | G | A | M | I | E | L | B | O | W | S |
| T | T | E | L | M | H | A | N | T | O | R | E | S | T | O | R | E | S | T |
| W | O | L | I | M | P | E | L | P | A | G | A | N | T | O | R | E | S | T |
| U | S | R | E | U | L | A | O | H | L |   |   |   |   |   |   |   |   |   |
| S | Q | U | I | N | T | D | E | C | L | A | I | M | C | U | T | L | E | T |

Code Cracker



## SUBSCRIPTION ORDER FORM

☒ **YES!** I would like to subscribe to *Diabetic Living*

### PAYMENT OPTIONS (Australian rates)

I wish to subscribe for (tick one only)

Me Gift

☐ ☐ 1 Year Print Only (6 issues + 3 *Better Homes & Gardens* issues) \$39.99 SAVE 50%

(DLMB\_6\_3009\_BHG\_3\_990)

\*Upfront payment

☐ I already subscribe. Please extend my subscription with the offer selected above.

For overseas rates, visit [magshop.com.au/DL39](http://magshop.com.au/DL39)

### MY DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Email: \_\_\_\_\_

### GIFT RECIPIENT DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

### PAYMENT DETAILS:

Cheque/money order for \$\_\_\_\_\_ is enclosed payable to *Magshop*

or charge my: ☐ Visa ☐ MasterCard ☐ Amex

Card no.:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Cardholder's name: (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_

Please photocopy this order form for additional subscriptions

**OFFER ENDS OCTOBER 11TH, 2023.**

### SUBSCRIBING IS EASY

☎ **136 116** and quote **M239DLM**  
Monday to Friday 8am–6pm AEDST.  
Overseas dial +61 2 8667 5100

🖱 [magshop.com.au/DL39](http://magshop.com.au/DL39)

✉ Send original or copy of this coupon (no stamp required) to:  
**Magshop Reply Paid 5252**  
**Sydney, NSW, 2000**  
**M239COUP**

Savings based on *Diabetic Living* cover price of \$8.99 & *Better Homes & Gardens* cover price of \$8.50. You can cancel your subscription at any time and you will continue to receive magazines delivered through to the end of your billing period. We do not provide refunds on partial billing periods. Bonus issues are valid upon your first payment term. Offer valid in Australian deliveries only from August 17th, 2023 to October 11th, 2023. By including your email address, Diabetic Living will keep you informed of offers and updates from our publisher, Are Media, and specially selected partners. Please tick if you'd prefer to not receive offers and updates from ☐ Are Media and ☐ specially selected partners. Our Privacy Policy can be found at [aremedia.com.au/privacy](http://aremedia.com.au/privacy) and includes important information about our collection, use and disclosure of your personal information (including the provision of targeted advertising based on your online activities). It explains that if you do not provide us with information we have requested from you, we may not be able to provide you with the goods and services you require. It also explains how you can access or seek correction of your personal information, how you can complain about a breach of the Australian Privacy Principles and how we will deal with a complaint of that nature. To view full terms and conditions visit [magshop.com.au/DL39](http://magshop.com.au/DL39)



## Editor's note

As a trusted source of day-to-day inspiration and information for people with diabetes and their carers, *Diabetic Living* is always here for you!

Subscribe today to get great-tasting healthy recipes, expert advice from diabetes professionals, real-life stories and more. Grab it today and receive 3 bonus issues of *Better Homes & Gardens* at **JUST \$39.99** (6 issues of *Diabetic Living* + 3 bonus issues of *Better Homes & Gardens*) – you'll save 50% off the cover price!

*Alix*

Alix Davis, Editor

## 3 GREAT REASONS TO SUBSCRIBE!

- ➔ **6 ISSUES (1 YEAR) + 3 BONUS ISSUES OF *BETTER HOMES & GARDENS* FOR \$39.99 - SAVE 50%**
- ➔ The only dedicated lifestyle brand serving the needs of people living with diabetes
- ➔ With over 40 great tasting recipes, tested and approved by an accredited dietitian
- ➔ **FREE DELIVERY** to your home or office

☎ **136 116** and quote **M239DLM**



SUBSCRIBE TO **AUSTRALIAN** **diabetic**  
LIVING

AND RECEIVE 3  
BONUS ISSUES OF  
**Better  
Homes**  
and Gardens.



Offer ends October 11th, 2023



[magshop.com.au/DL39](https://magshop.com.au/DL39)



# index

## BREAKFAST & BRUNCH

- 74 Banana & tahini porridge ●
- 80 Blueberry baked oats ●
- 80 Cardamom & peach quinoa pudding ●
- 36 Coconut quinoa & chia porridge ●●
- 81 Microwave shakshuka ●●●
- 80 Mushroom hash with poached eggs ●●●

## LIGHT MEALS & SNACKS

- 64 Chicken & mango noodle salad ●
- 59 Coconut panko prawns & peanut sauce
- 89 Cucumber & dill rye crackers ●●
- 89 Egg, spinach & salmon roll ●●
- 89 Fruit & nut popcorn mix ●●
- 59 Harissa chicken gyros ●
- 66 Lentil & tuna salad ●●
- 66 Open Greek-style sandwiches ●●
- 36 Quinoa super-green salad ●●
- 24 Radishes with herby whipped feta ●●●
- 64 Ribbioned zucchini salad ●●
- 75 Roasted cauli-broc bowl with tahini hummus ●●●
- 24 Seared tuna & asparagus niçoise ●●
- 64 Smoked salmon grain bowl with dill yoghurt ●

- 59 Sweet potato & chorizo hash
- 54 Tuna & corn cakes ●
- 74 Veggie tahini lentils ●●
- 70 Zucchini & tahini dip ●●

## MAINS

- 16 Beef & Sichuan capsicum stir-fry ●●
- 46 Beef stifado ●●
- 18 Carrot & tahini soup ●●●
- 53 Fish pie ●
- 28 Golden new potato & pea curry ●●
- 54 Greek-style roast fish ●
- 50 Grilled salmon tacos with avocado salsa ●●
- 54 Herby fish fingers with rice ●
- 67 Lamb leg steaks with quinoa
- 46 Lamb & red wine with herb scones
- 45 Lamb dhansak ●
- 42 Paprika pork & pumpkin with dumplings
- 34 Quinoa stir-fry ●●
- 30 Roast savoy cabbage with lemon & tomato orzo ●
- 70 Roast spiced pumpkin salad with tahini dressing ●●
- 30 Salmon stuffed with creamy spinach ●●
- 42 Slow-cooked lamb & veg one-pot ●●
- 38 Slow-cooked pork, cider & sage hotpot ●
- 40 Slow cooker beef goulash ●●

- 15 Spicy chorizo & harissa barley risotto
- 27 Spring feta, pine nut & herb nut roast ●●
- 18 Sriracha & lime prawn linguine ●●
- 17 Stuffed capsicum bake ●●
- 36 Sweet potato & quinoa chilli ●●

## DESSERTS

- 89 60 second dessert ●●
- 86 Baked apples with crunchy tops ●
- 84 Berry parfaits ●●●●
- 86 Gingerbread puddings ●
- 84 Upside-down lemon cheesecake ●

**KEY** ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



**on  
sale  
now**



# Empty Lunch box

Simple lunch ideas that'll see your  
child's lunch box come home empty

THE AUSTRALIAN  
**Women's Weekly**

**Available to purchase where all good books  
are sold and at [aremediabooks.com.au](http://aremediabooks.com.au)**



Buy now  
and get  
one month  
FREE<sup>1</sup>

# Be prepared for the unexpected & enjoy that RSPCA Pet Insurance feeling!

- 🐾 Four levels of cover to choose from
- 🐾 Claim up to \$20,000 a year
- 🐾 Get back up to 80% of eligible vet bills<sup>2</sup>
- 🐾 No excess to pay
- 🐾 A portion of first-year premiums help support the RSPCA



SCAN FOR A QUICK QUOTE  
**1300 923 967**  
[rspcapetinsurance.org.au](https://rspcapetinsurance.org.au)

<sup>1</sup> One month free is applied as a discounted premium over the first year of cover. For full terms and conditions visit [rspcapetinsurance.org.au/terms/one-month-free](https://rspcapetinsurance.org.au/terms/one-month-free)

<sup>2</sup> Pre-existing conditions and certain illnesses are excluded. Terms, conditions, exclusions, benefit limits, sub-limits and annual condition limits may apply. Eligible vet bills only, claim for reimbursement. Benefit percentage varies based on the level of cover selected.

Insurance issued by The Hollard Insurance Company Pty Ltd and promoted and distributed by Greenstone Financial Services Pty Ltd and by its Authorised Representative RSPCA Australia. Terms, conditions, waiting periods and exclusions apply. Consider the relevant Product Disclosure Statement (PDS) before deciding if the product is right for you. PDS and Target Market Determination available at [rspcapetinsurance.org.au](https://rspcapetinsurance.org.au)